

GOOD THOUGHTS

Selected from

“ A THOUGHT FOR TODAY ”

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Preface

"A BOOK OF GOOD THOUGHTS", published in four parts, proved very popular and sold out quickly. It therefore seemed worthwhile bringing all the "Thoughts" that the old series contained into a single volume. There is no man however fortunate who does not at some time or other feel the need for guidance or for the sort of cheer and consolation which these "Thoughts" offer.

The present volume marks an improvement on the old series in a number of ways. The miscellaneous category has all but disappeared, a fact which should facilitate reference. Better paper too is used, and the whole volume is clothed in a garb which is worthy of the great "Thoughts" which it contains. More "Thoughts" are added to those which have already appeared—"Thoughts" which drive their moral as before with humour, skill and conciseness.

An index is given in full at the beginning so that the reader can easily find what he may be looking for.

BOMBAY, JANUARY 1949

INDEX

<i>Headings</i>	<i>Page No</i>	<i>Headings</i>	<i>Page No</i>
Ability	1	Cares	18
Abuse	1	Change	18
Achievement	1	Character	18 21
Action	1 3	Charity	21 23
Adaptation	3	Cheerfulness	23 25
Admiration	4	Circumstance	25, 26
Admonition	4	Civilization	26
Adventure	4	Commonsense	27
Adversity	4, 5	Company	27
Advice	5	Comparison	27
Affection	5	Complacency	27
Age	5 6	Compromise	27
Aim	6	Conceit	27, 28
Alertness	6	Condemnation	28
Ambition	6, 7	Conduct	28, 29
Amiability	7	Confession	29
Anger	7, 8	Confidence	29
Animosity	9	Conscience	30
Anxiety	9	Contacts	30
Applause	10	Contempt	30
Appreciation	10, 11	Contentment	30-32
Arrogance	11	Contradiction	32
Aspiration	11	Contribution	32
Assertion	12	Controversy	32 33
Bad Times	12	Conversation	33
Beauty	12	Conviction	33
Being	12	Co-operation	33
Be Prepared	13	Courage	34-36
Beginning	13	Courtesy	36, 37
Belief	14	Covetousness	37
Best	14	Cowardice	37
Blame	14	Criticism	38 39
Blessedness	14	Curiosity	39
Boasting	14, 15	Custom	39
Breeding	15	Day	40
Brooding	15	Death	40
Brotherhood	15-17	Debt	40
Building	17	Deceit	41
Business	17	Deeds	41
Capacity	18	Defeat	41, 42

INDEX

<i>Headings</i>	<i>Page No</i>	<i>Headings</i>	<i>Page No</i>
Defect	42	Equanimity	63
Delusion	42	Errors	63 64
Democracy	42, 43	Evil	64-66
Depression	43, 44	Exaggeration	66
Deserts	44	Example	66, 67
Desire	44	Excuse	67
Despair	44, 45	Expectation	67
Destiny	45	Experience	67
Detachment	45	Faculty	67
Determination	45	Failings	67
Devil	45	Failure	68
Devotees	45	Faith	69, 70
Difficulty	46	Falsehood	70
Diffidence	47	Fanaticism	70, 71
Dignity	47	Fault	71, 72
Digestion	47	Fault Finding	72, 73
Disappointment	47	Favour	73
Disbelief	48	Fear	73 75
Discipline	48	Fellowship	75 76
Discontent	48	Fidelity	76
Discouragement	48	Fight On	77
Discretion	49	Firmness	77
Discrimination	49	Flattery	77
Disease	49	Foolishness	77, 78
Disgrace	49	Force	78
Dishonesty	49, 50	Foresight	78
Dislike	50	Forgetfulness	78
Dividend	50	Forgiveness	78, 79
Dominion	50	Fortune	79 80
Doing	50	Freedom	80, 81
Double Standard	51	Freewill	81
Doubt	51	Friendship	81 84
Drifting	51	Gambling	84
Drink	51 52	Generosity	84
Duty	52 55	Genius	84
Earnestness	55, 56	Gentleman	85
Earthly Glory	56	Gentleness	85
Ease	56	Gift	86
Economy	57	Giving	86 87
Education	57 59	Glory	87, 88
Effort	59	God	88
Egoism	59 60	Golden Rules	88 89
Eloquence	60	Goodness	90-93
Encouragement	61	Gratitude	93 94
Endeavour	61	Greatness	94, 95
Energy	61	Greed	95
Enmity	61, 62	Habit	95 96
Enough	62	Handicap	96
Enthusiasm	62, 63	Happiness	96-104
Envy	63	Harm	104

INDEX

<i>Headings</i>	<i>Page No.</i>	<i>Headings</i>	<i>Page No.</i>
Hatred ..	104, 105	Life ..	132-138
Health ..	106	Limitation ..	139
Heart ..	106, 107	Little Things ..	139, 140
Heaven ..	107	Loneliness ..	140
Help ..	107, 108	Looking Up ..	140
Heroism ..	108	Love ..	140-145
Hindrance ..	109	Luck ..	145, 146
Holiness ..	109	Lust ..	146
Home ..	109, 110	Magnanimity ..	146
Honesty ..	110	Man ..	146, 147
Honour ..	110, 111	Manhood ..	147
Hope ..	111, 112	Manliness ..	147
Human Rights ..	113	Manners ..	148
Humility ..	113, 114	Maxims ..	148
Humour ..	114	Mediocrity ..	148
Hypocrisy ..	115	Meditation ..	148
Ideals ..	115, 116	Melancholy ..	148, 149
Ideas ..	116	Memory ..	149
Idleness ..	116	Mercy ..	149
If ..	117	Merit ..	149, 150
Ignorance ..	117	Method ..	150
Imagination ..	118	Mind ..	150, 151
Indecision ..	118	Mirth ..	152
Indulgence ..	118	Miscellaneous ..	152
Industry ..	118	Mischief ..	152
Influence ..	118	Misery ..	153
Injury ..	119	Misfortune ..	153
Inspiration ..	119	Mistakes ..	153, 154
Insult ..	119	Modesty ..	154
Integrity ..	119	Money ..	154, 155
Intention ..	119, 120	Monotony ..	155
Intuition ..	120	Motive ..	156
Jealousy ..	120	Movement ..	156
Jest ..	120	Music ..	156
Joy ..	120, 121	Nation ..	156
Judgment ..	121, 122	Neglect ..	156
Justice ..	122	New Year ..	157
Karma ..	122	Nobility ..	157
Keeping Young ..	123	Non-Violence ..	157
Kindness ..	123-126	Now ..	158
Knowledge ..	127, 128	Obedience ..	158
Labour ..	128	Obstacle ..	158, 159
Laughter ..	129	Obstinacy ..	159
Law Suits ..	129	Occupation ..	159
Laziness ..	129	Offence ..	159
Learning ..	130	Opinions ..	160
Lend ..	130	Opportunity ..	160-162
Leisure ..	130	Opposition ..	162
Liberty ..	130, 131	Oppression ..	162
Lie ..	131, 132	Optimism ..	162-164

INDEX

<i>Headings</i>	<i>Page No</i>	<i>Headings</i>	<i>Page No</i>
Pain	165	Renunciation	187, 188
Passion	165	Repentance	188
Past	165	Reputation	188, 189
Past, Present,		Respect	189
Future	166	Responsibility	189
Patience	166 168	Results	189, 190
Peace	168 170	Retaliation	190
Penalty	170	Reward	190, 191
Perseverance	170, 171	Right	191, 192
Persistence	171	Righteousness	192
Pessimism	171, 172	Rudeness	192
Philosophy	172	Rust	192
Planning	172	Sacrifice	193
Pleasure	172, 173	Salvation	193, 194
Pluck	173	Saving	194
Politeness	173, 174	Scandal	194
Possibilities	174	Self Analysis	194
Poverty	174, 175	Self Confidence	195
Power	175	Self Control	195, 196
Practice	175	Self Criticism	197
Praise	176	Self Deception	197
Prayer	176-178	Self Denial	197
Prejudice	178	Self Discipline	198
Preparedness	178	Self Help	198
Pride	178, 179	Self Improvement	199
Principle	179	Selfishness	199, 200
Privation	179	Selflessness	200, 201
Problems	180	Self Pity	201
Procrastination	180, 181	Self Praise	201
Progress	181	Self Realization	201
Promise	181	Self Reliance	201
Property	182	Self Respect	201, 202
Prospect	182	Self Restraint	202
Prosperity	182	Self Scrutiny	202
Provocation	182	Self Surrender	202
Prudence	182	Sense of Proportion	203
Public Opinion	183	Sentiment	203
Punctuality	183	Serenity	203 204
Purity	183	Sermons	204
Purpose	183	Service	204-206
Quarrel	183, 184	Shortcomings	207
Rashness	184	Silence	207
Reaction	184	Simplicity	207
Reflection	184	Sins	207, 208
Reform	184	Sincerity	208
Reformation	184	Skull	208
Regret	185	Slander	209
Rejoicing	185	Slavery	209
Religion	185 187	Smile	209 211
Remember!	187	Society	211

INDEX

<i>Headings</i>	<i>Page No</i>	<i>Head ngs</i>	<i>Page No</i>
Solitude	211	Truth	238 241
Sorrow	211	Understanding	241
Soul	212	Unhappiness	241, 242
Speech	212	Unkindness	242
Spirit	213	Unrighteous	242 243
Spiritual	213	Unselfishness	243, 244
Strength	213	Up-Lift	244
Success	213 218	Value	244
Suffering	218, 219	Vanity	244, 245
Suspicion	219	Vengeance	245
Sympathy	219, 220	Vice	245, 246
Tact	221	Victory	246
Tale Bearing	221	Virtue	246 247
Task	221	Wages	247
Temper	221, 222	War	247, 248
Temptation	222, 223	Weakness	248, 249
Thankfulness	224	Wealth	249
The Missionary	224	Wickedness	249, 250
Thought	224-230	Will	250
Three Fold Path	231	Wisdom	250, 251
Time	231	Wish	252
Today	232, 233	Wit	252
Tolerance	233	Woman	252
Tomorrow	233, 234	Words	253
Tongue	234	Work	253 257
Too Dear	234	Workers	257
Tradition	235	Work vs Worry	257
Training	235	World	258
Traits	235	Worry	258 260
Treachery	235	Wrong	260
Trial	236	Youth	261
Trifles	236	Zeal	261
Trouble	236-238		

Ability

I THINK if I had the power to do what I wish to do for humanity, I would give to every person the ability to put himself into the place of every other person in the world

* * *

MEN are often capable of better things than they perform, they are sent into the world with bills of credit, and seldom draw to the full extent

* * *

Abuse

TO abuse a person is not the way to reform him, we should reprove with gentleness

—Alden

* * *

Achievement

THERE is nothing more marvellous than the greatness of the good we might accomplish, excepting the littleness of the good we attempt

* * *

Action

ACTION is the parent of results, dormancy, the brooding mother of discontent

—Dinah Mulock.

* * *

ALL action is, besides being action, language
If you do a thing for another, that is language
If you do not do it, that is language, and if you half do it, that is language too Action speaks louder than words

* * *

GIVE us to build above the deep intent,
The deed, the deed! —John Drinkwater

Action

I HAVE always thought the actions of men the best interpreters of their thoughts —*Locke*

* * *

‘I MUST do something’ will solve more problems than ‘Something must be done’

* * *

IT is common sense to take a method and try it, if it fails, admit it frankly and try another But above all, try something

* * *

IT is a good thing to strike while the iron is hot but it is a better thing to make the iron hot by striking —*Oliver Cromwell*

* * *

LAMPS do not talk, but they shine A lighthouse sounds no drum, it beats no gong— and yet far over the waters its friendly spark is seen by the mariner So let your actions shine out your religion Let the main sermon of your life be illustrated by all your conduct —*C H Spurgeon*

* * *

LET us not spend time and strength sighing because the times are out of joint, or wistfully imagining what we should do in other times and circumstances Here and now is where we live and if we are to achieve at all it must be in the conditions in which we find ourselves

* * *

OUR grand business is not to see what lies dimly at a distance, but to do what lies clearly at hand —*Thomas Carlyle.*

* * *

THAT action is best which procures the greatest happiness for the greatest numbers

Action

THERE is only one proof of ability—action
—*Marie Ebner-eschenbach*

* * *

TTRUE worth is in being, not seeming,
In doing each day that goes by
Some little good, not in dreaming
Of great things to do by and by.

* * *

WITH a double vigilance should we watch our
actions, when we reflect that good and bad
ones are never childless, and that in both
cases the offspring goes beyond the parent,—every
good begetting a better, every bad a worse.

—*Chatfield.*

* * *

Adaptation

ADAPT thyself to the things with which thy lot
has been cast , and love the men with whom
it is thy portion to live, and with a sincere
affection No longer be either dissatisfied with thy
present lot or shrink from the future

—*Marcus Aurelius*

* * *

“IT is no use to grumble and complain ,
It's just as cheap and easy to rejoice,
When God sorts out the weather and sends rain—
Why, rain's my choice ” —*James Whumbocet Riley.*

* * *

NEVER mind a change of scene
Try a change of thinking

* * *

ONE of the greatest lessons of life is to learn
not to do what one likes, but to like what one
does —*H. Black.*

Admiration

NO quality will get a man more friends than a disposition to admire the qualities of others.
—Boswell

* * *

NO quality will get a man more friends than a sincere admiration of the qualities of others. It indicates generosity of nature, frankness, cordiality, and cheerful recognition of merit.
—Dr Samuel Johnson.

* * *

Admonition

ADMONITION must descend as the dew upon the tender herb or like melting flakes of snow ; the softer it falls, the longer it dwells upon, and the deeper it sinks into the mind.
—Seed

* * *

Adventure

IN order to do anything worth doing, we must not stand shivering on the bank, and thinking of the cold and danger, but jump in and scramble through as well as we can
—Sydney Smith.

* * *

Adversity

ADVERSITY has the effect of eliciting talents which in prosperous circumstances would have lain dormant.
—Horace.

* * *

IN your adversity avoid a sad countenance, if you relate your misfortunes with a smile it will lessen your realisation of them.

* * *

IT is easy to bask in the sunshine of prosperity. The crucial test of a nation, as of an individual, is its conduct under hardship and adversity.

Adversity

SOME people seem by intuition to see only truth and right, others must needs work out their faith by failure and sorrow. Some realize truth by the pain of what is false, honour through dishonour, right by wrongs repented of with bitter pains
—George Eliot

* * *

Advice

THE best way to succeed in life is to act on the advice you give to others

* * *

A MAN takes contradiction and advice much more easily than people think, only he will not bear it when violently given, even though it be well founded. Hearts are like flowers, they remain open to the softly falling dew, but shut up in the violent downpour of rain
—Richter

* * *

Affection

KINDLY affection is the considerate feeling which each one of us can show towards our neighbours. It costs absolutely nothing. It blesses the giver, and satisfies the receiver

* * *

Age

AGE is full of pleasure, if one knows how to use it—The best morsel is reserved to the last
—Seneca

* * *

AGE is not all decay, it is the ripening, the swelling of the fresh life within that withers and bursts the husk.
—George Macdonald

Age

THINGS that make us age, our hair white and
our faces wrinkled are worry, doubt, fear and
inability to smile. A spirit of cheerfulness
and happy thoughts will keep all these things away

* * *

Aim

NOT unless we fill our existence with an aim do
we make it life —Reichel

* * *

Alertness

TO hear always, to think always, to learn always,
it is thus that we live truly. He who aspires
to nothing, who learns nothing, is not worthy
of living. —Arthur Helps

* * *

WHAT a large volume of adventures may be
grasped within this little span of life, by
him who interests his heart in everything ;
and who, having eyes to see what time and chance
are perpetually holding out to him, as he journeyeth
on his way, misses nothing he can fairly lay his
hands on —Sterne.

* * *

Ambition

ALL ambitions are lawful except those which
climb upward on the miseries or credulities of
mankind —Joseph Conrad

* * *

EVERY man who can be a first rate something
—as every man can be who is a man at all—
has no right to be a fifth rate something, for
a fifth rate something is no better than a first rate
nothing —J G Holland

* * *

IF there is ever a time to be ambitious, it is not
when ambition is easy, but when it is hard.
Fight in darkness, fight when you are down ;
die hard, and you won't die at all —Beecher

Ambition

THE satisfied man with no new needs cannot claim of life any future. To have all your desires satisfied is to be pretty near hell. Having all you want is a very poor business. The real meaning of life is in doing and being and longing. To want what you haven't got and are not ever likely to get is a very much better thing than to have all you want.

—Rev. T. E. Ruth.

* * *

THE man who starts out with the idea of merely getting rich won't succeed ; you must have a larger ambition.

—John D. Rockefeller.

* * *

WATCH ambition. See that it is in the direction of good. It is a leaping horse which may land you in the ditch.

—Card. O'Connell.

* * *

Amiability

AMIALE people, while they are more liable to imposition in casual contact with the world, yet radiate so much of mental sunshine that they are reflected in all appreciative hearts.

—Madame Deluzy.

* * *

KINDLY smiles and courtesies pay high dividends, and their only cost is the persistent endeavour to cultivate them until one has made them a part of one's richest possessions.

* * *

Anger

ACT nothing in furious passion. It is putting to sea in a storm.

* * *

ANGER is to be very specially avoided in inflicting punishment.

—Cicero.

Anger

ANGER makes a rich man hated, and a poor man scorned

* * *

AN old proverb says "He that is slow to anger is better than the mighty" Hannah More said "If I wished to punish my enemy, I should make him hate somebody"

* * *

HE is a fool who cannot be angry, but he is a wise man who will not

* * *

OUR anger and impatience often proves much more mischievous than the things about which we are angry or impatient

—*Marcus Aurelius*

* * *

ONE inflamed with anger is as irresponsible as one intoxicated with fiery liquor.

, * * *

TO be angry is to revenge the fault of others upon ourselves

—*Pope.*

* * *

WHAT a futile thing is anger! It does us more harm than the thing which makes us angry and we suffer more from the anger and vexation than from the acts themselves which cause the anger.

* * *

WHEN the tongue or the pen is let loose in a frenzy of passion, it is the man and not the subject, that becomes exhausted.

—*Thomas Paine.*

Animosity

AN animosity will sometimes spring up before one knows it. Make its life a brief one
Animosity grows into ill will and malignity and rancour, and these are far more hurtful to ourselves than to those against whom they are directed
Subdue them

* * *

Anxiety

BE not therefore anxious, saying, what shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?—for your heavenly Father knoweth that ye have need of all these things But seek ye first the Kingdom of God, and His righteousness, and all these things shall be added unto you
—*Matt*

* * *

DO not make yourself wretched by imagining catastrophes unforeseen, in the distant future
Life may seem difficult and the periods of calm are rare in the history of mankind But whatever happens, the likelihood is that it will in no way resemble your sick imaginings
—*Anon*

* * *

DO not anticipate trouble, or worry about what may never happen Keep in the sunlight
—*Franklin*

* * *

THERE is nothing so wretched or foolish as to anticipate misfortune What madness it is in your expecting evil before it arrives!
—*Seneca*

* * *

WHEN any fit of anxiety or gloominess or perversion of mind lays hold upon you, make it a rule not to publish it by complaints
By endeavouring to hide it you will drive it away
Be always busy

Applause

APPLAUSE is the spur of noble minds, the end
and aim of weak ones

—C C Colton

* * *

Appreciation

AN understanding heart is an appreciative
heart. And what like appreciation so en-
lightens, enriches and ennobles life?

—Margaret Morrison

* * *

IF with pleasure you are viewing
Any work a man is doing,
If you hate him or you love him, tell him now

* * *

IN every person who comes near you, look for
what is good and strong, honour that rejoice
in it, and, as you can, try to imitate it

— Ruskin

* * *

IT is a hurry mad, unappreciative world in the
large, but I have always maintained that we can
make life easier for one another by a bit of
effortless courtesy and an occasional word of sincere
appreciation

* * *

NOT in the clamour of the crowded street,
Not in the shouts and plaudits of the throng,
But in ourselves, are triumph and defeat

—Longfellow

* * *

THE practice of gratitude to God and appre-
ciation of our neighbours gives to everyday
living a tone and quality of grace and
loveliness

Appreciation

THE way to develop the best that is in a man is by appreciation and encouragement. There is nothing else that so kills the ambitions of a man as criticisms from his superiors

* * *

WE can add to our personal assets—and oh ! so much to our personal pleasure—with an appreciative word for others once in a while

* * *

Arrogance

THE mind that is much elevated and insolent with prosperity and cast down with adversity is generally abject and base. Watch lest prosperity destroy generosity. Arrogance is the outgrowth of prosperity

—Epicurus

* * *

Aspiration

IT is a funny thing about life—if you refuse to accept anything but the best you very often get it

—Somerset Maugham

* * *

THINK of the world as a hill, and mark where the millions stop. There's always a crowd at the bottom. Push on, there's plenty of room at the top

* * *

WE can fix our eyes on perfection and make almost everything speed towards it

—Channing

* * *

“WE must form perfect models in thought and look at them continually, or we shall never carve them out in grand and noble lives ”

—Mary Baker Eddy

* * *

YOU will become as small as your controlling desire or as great as your dominant aspiration

—James Lane Allen

Assertion

A SWEEPING assertion is a danger, it may
raise so much dust as to obscure the truth

* * *

Bad Times

IF times are bad in a material sense, they are just
as good and full of promise in a spiritual sense
as they ever were

* * *

Beauty

A BEAUTIFUL behaviour is better than a
beautiful form, it gives a higher pleasure
than statues and pictures, it is the finest of
fine arts —Emerson

* * *

CHEERFULNESS and content are great
beautifiers and are famous preservers of good
looks —Charles Dickens

* * *

THOUGH we travel the world over to find the
beautiful, we must carry it with us, or we find
it not —Emerson

* * *

WHAT is more beautiful than a tongue that
knows no guile, and that will neither vilify
nor gossip, an ear that hears to remember
nought but good, eyes that see God like virtue in
others, a sense of humour that embarrasses no one, a
charity that acts, but does not re act

* * *

Being

IF you can't be a pine on the top of the hill
Be a scrub in the valley—but be
The best little scrub by the side of the rill,
Be a bush if you can't be a tree

Be Prepared

IN the school of life many branches of knowledge are taught But the only philosophy that amounts to anything after all, is just the secret of making friends with our luck

—Henry van Dyke

* * *

Beginning

IF you wonder how to do a job, get started, and wonder how you did it

* * *

LET first things be put first, work before play, duty before enjoyment, and others before self, this is an excellent rule which cannot lead astray To make a right beginning is half-way to victory

* * *

THE athlete who makes a bad start may lose his prize, the merchant who makes a false start may lose his reputation, and the Truth-seeker who makes a wrong start may forego the crown of Righteousness To begin with good thoughts, sterling rectitude, unselfish purpose, noble aims, and an incorruptible conscience—this is to start right.

* * *

THERE are right beginnings and wrong beginnings, which are followed by effects of a like nature You can, by careful thought, avoid wrong beginnings and make right beginnings, and so escape evil results and enjoy good results

* * *

WHAT you can do, or dream you can, begin it, boldness has genius, power and magic in it, only engage and then the mind grows heated, begin, and then the work will be completed

—Goethe

Belief

INHARMONY, confusion, is an imposed belief It is not you The thing which is wrong is not yourself It is belief Do not condemn yourself Condemn your wrong belief and remedy it

* * *

Best

A FIRM faith is the best theology, a good life is the best philosophy, a clear conscience is the best law, honesty is the best policy and temperance the best physic —*Aughey*

* * *

Blame

IF things seem to go wrong, don't blame your God Search out your own mind and if you probe deeply, you will find there the root of all troubles —*Anon*

* * *

MUCH harm may be done by indiscreet praise, and by indiscreet blame, but the chief harm is always done by blame —*Ruskin*

* * *

WHEN the world blames and slanders us, our business is not to be vexed at it, but rather to consider whether there is any foundation for it, any truth at bottom —*Cardinal Newman.*

* * *

Blessedness

GO your way with the spices of loving thoughts and beautiful deeds and you will find that the stone has been rolled away

—*Robert Norwood*

* * *

Boasting

BOAST not of what you can or would do Actions speak louder than words Doing is the only practical activity

Boasting

HONEST and courageous people have very little to say about either their courage or their honesty The sun has no need to boast of his brightness, nor the moon of her effulgence

—*Hosea Ballou*

* * *

THE boaster may know a great deal, but it is certain that he does not know as much as he thinks he knows Humility is natural to wisdom

* * *

THE boaster is a little man who would appear great Whoso boasteth himself of a false gift is like clouds and wind without rain

—*Prov 25 14*

* * *

Breeding

GOOD breeding is benevolence in trifles, or the preference of others to ourselves in the little daily occurrences of life

—*Chatham*

* * *

Brooding

AN over anxious brooding doth beget
A host of fears and fantasies deluding

* * *

Brotherhood

ALWAYS act with your neighbour on the square by rendering him every kind of office which justice or mercy may require by relieving his necessities, soothing his afflictions, and by doing unto him, as in similar cases, you would wish he should do unto you

—*Freemasons' advice to new member*

Brotherhood

APPPEARANCES are eloquent as never before of the fact that peace and security are to be had only behind spiritual, rather than material, bulwarks. Men no longer can shut their brothers, of whatever race and class, out of their lives. They must learn to get on together

* * *

BROTHERHOOD is the key to more of the treasures of the world than our present social philosophy dreams of

* * *

DO nothing to thy neighbour which thou would not hereafter have thy neighbour do to thee. A man obtains a rule of action by looking upon his neighbours like himself —*Mahabharata*

* * *

HATRED, bitterness, strife, conflict. The pages of history are stained with them. The past is full of death and destruction that follow in their wake. The remedy is the application of the opposite, *i.e.*, good feeling and brotherhood.

* * *

HAVE we not all one father? Hath not one God created us? Why do we deal treacherously every man against his brother by profaning the covenant of our fathers?

—*Malachi 2-10*

* * *

LET us be the first to give a friendly sign, to nod first, smile first, speak first, give first, and if such a thing is necessary—forgive first.

* * *

THIS is the basis of national unity as well as personal harmony. Finally be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous

—*I Peter 3-8*

Brotherhood

WE were created for brotherhood, not for international strife. Let us educate our young to become heroes of peace rather than martyrs of war. Unless we do so we cannot eliminate war

* * *

WHEN we disobey the moral law of human brotherhood, it is clear what happens—we and our world suffer

* * *

Building

TO build that new world, we'll need fewer architects and more bricklayers

* * *

Business

CALL on a business man at business times only, and on business, transact your business and go about your business, in order to give him time to finish his business —*Duke of Wellington*

* * *

GOOD business is business with profits to 'both' sides.

* * *

IF, instead of businessmen competing to see who can accumulate the most money, there would be the heartiest endeavour to see who would be the means of blessing and benefiting the greatest number of customers, failure and bankruptcy would be unknown

* * *

THE man of science reads the past, and is stimulated, and the man of history listens to the voices that ring down the centuries, and the poet listens to those "thoughts that breathe and words that burn" So, too, with the man of business. He reads of success, and of skill, and of knowledge, and of triumph, and taking lessons of the past, he is made the more successful business man of the present.

—*Bishop Simpson.*

Capacity

MAN'S capacities have never been measured nor are we to judge of what he can do by any precedents so little has been tried —*Thoreau*

* * *

NOT what you do but how you do it is the test of your capacity

* * *

Cares

A GREAT many people imagine that the pressure of burden and care is wholesome to take life hard is considered praiseworthy It is looked upon as a kind of self indulgence to take life easy Now there is no doubt that a spirit of intensity and care, up to a certain point, is required for a whole some condition of mind But a care that brings burdens that takes away light that deprives us of happiness has passed beyond the wholesome line

* * *

IT is not the cares of to-day but the cares of to morrow that weigh a man down For the needs of to day we have corresponding strength given For the morrow we are told to trust It is not yet ours —*G Macdonald*

* * *

Change

CHANGE is not made without inconvenience even from worse to better —*Richard Hooker*

* * *

Character

A GOOD character when established should not be rested in as an end, but only employed as a means of doing still further good —*Atterbury*

Character

A MAN is known by what he loves—friends, places, books, thoughts, good or bad, from these his character is told

* * *

CHARACTER is property It is the noblest of possessions It is an estate in the general good will and respect of men, and they who invest in it—though they may not become rich in the world's goods—will find their reward in esteem and reputation fairly and honourably won

—Smiles

* * *

CHARACTER is property It is the noblest of possessions

—Smiles

* * *

CHARACTER is power—is influence, it makes friends, creates funds, draws patronage and support, and opens a sure and easy way to wealth honour and happiness

—J Hawes

* * *

CHARACTER is not ready made, but is created bit by bit and day by day

—Edna Lyall

* * *

CHARACTER is the sum of man's habits modified by the influence upon his thoughts and feelings of the principles which in the depths of his soul he believes

* * *

FAME is a vapour, popularity an accident, riches take wings only one thing endures character

—Horace Greeley

Character

IN happiness and unhappiness, in joy and sorrow, in success and failure, in victory and defeat, in religion, business, circumstances in all the issues of life, the determining factor is character. In the mentality of individuals lie the hidden causes of all that pertains to their outward life. Character is both cause and effect. It is the doer of deeds and the recipient of results. Heaven, hell, purgatory, are contained within it. The character that is impure and vicious will experience a life from which the elements of happiness and beauty are lacking, where-soever they may be placed, but a pure and virtuous character will show forth a life that is happy and beautiful. As you make your character, so will you shape your life.

* * *

INSTEAD of saying that man is the creature of circumstances, it would be nearer the mark to say that man is the architect of circumstances. It is character which builds an existence out of circumstances. Our strength is measured by our plastic power.

—George H. Lewes

* * *

NO looking back. No fretting as to progress. No getting troubled nor discouraged. Rather steadily, quietly going on. This is a man of character, a man of courage.

* * *

OUR influence depends not so much on what we know, or even upon what we do, as upon what we are.

* * *

SMALL kindnesses, small courtesies, small considerations, habitually practised in our social intercourse, give a greater charm to the character than the display of great talents and accomplishments.

—M. A. Kelly

Character

STRONG characters are produced by strong thinking Good deeds are the outcome of good thoughts No man lives a noble life without thinking nobly —*Rev Dr Edgar Tilton*

* * *

THE noblest contribution which any man can make for the benefit of posterity is that of a good character —*J Winthrop*

* * *

THE workshop of character is everyday life

* * *

THERE is such a thing as character It is not born, it is formed

* * *

WHATEVER we may make of life, all that is lasting is the character that we forge with the help of God We can take nothing else with us when we leave the world

* * *

YOU cannot dream yourself into character, you must hammer and forge yourself one Wishful thinking will not take us far on the way to self mastery Determination to build definite characteristics into life is needed And this must be followed up with persistent striving

* * *

Charity

BE charitable and indulgent to everyone except yourself

* * *

CHARITY given with an unwilling hand is not charity, it is a boon extorted —*Anon*

Charity

CHARITY is not confined to giving in terms of rupees Giving in right, good, charitable thought to one's neighbour will accomplish more good than much money

* * *

GIVING in the form of material wealth is not always charity Real charity is giving freely in the form of a cheery word and a helping hand, so that the poor can be charitable as well as the rich

* * *

IN prosperous days go seek out the distressed,
The poor man's prayer can change misfortune's course,

Give when the beggar humbly makes request
Lest the oppressor takes from thee by force

—*"The Gulistan" (A Persian Poem)*

* * *

POSTHUMOUS charities are the very essence of selfishness, when bequeathed by those who when alive would part with nothing

—Colton

* * *

PRACTICE, not profession, is real charity
Deeds not words We are taught to give in secret, for giving is discounted by broadcasting our gifts

* * *

THAT charity is bad which takes from independence its proper pride, from mendacity its salutary shame

—Robert Southey

* * *

THE highest exercise of charity, is charity towards the uncharitable

Charity

THE noblest charity is to prevent a man from accepting charity ; and the best alms are to show and to enable a man to dispense with alms.

* * *

TRUE charity is the desire to be useful to others without thought of recompense —*Swedenborg*

* * *

WE only begin to realise the value of our possessions when we commence to do good to others with them No earthly investment pays so large an interest as charity. —*Joseph Cook*

* * *

Cheerfulness

A CHEERFUL mind strengthens the heart and makes one steadfast in good conduct, hence the servant of God should always be good-humoured —*St Philip Neri*

* * *

A CHEERFUL friend* is like a sunny day, shedding brightness on all around. —*Sir John Lubbock.*

* * *

BE of good cheer and your sky will clear. —*Dr. John W. Holland*

* * *

BE cheerful, sweet, happy and smiling, making the best of all things NOW (and that's every blessed second of your life), and you will become so healthy that you will radiate health in every direction —*Chas. W. Close.*

* * *

CHEERFULNESS and content are great beautifiers and are famous preservers of youthful looks —*Charles Dickens.*

Cheerfulness

CHEERINESS is a thing to be more profoundly grateful for than all that genius ever inspired or talent ever accomplished. Next best to natural, spontaneous cheeriness is deliberate, intended and persistent cheeriness, which we can create, can cultivate and can so foster and cherish that after a few years the world will never suspect that it was not an hereditary gift. —*Helen Hunt Jackson.*

* * *

CULTIVATE cheerfulness if only for personal profit, you will do every duty better. It will be your consoler in solitude, your passport and recommendation in society. You will be more sought after, more trusted and esteemed for your steady cheerfulness. The bad and vicious may be boisterously gay and vulgarly humorous, but seldom or never truly cheerful. Genuine cheerfulness is an almost certain index of a happy mind, and a pure, good heart.

* * *

EVERY one must have felt that a cheerful friend is like a sunny day, shedding brightness on all around, and most of us can, if we choose, make this world either a palace or a prison.

* * *

GOOD HUMOUR is the health of the soul, sadness its poison. —*Stanislaus*

* * *

“**IT** is easy enough to be pleasant
When life flows along like a song,
But the man worth while is the one who will smile
When everything goes dead wrong.”

* * *

THE cheerful live longest in years, and afterwards in our regards. Cheerfulness is the offshoot of goodness. —*Boice*

Cheerfulness

THE contagion of cheer has a wonderful effect
It transforms fog into light, depression into
brightness, sickness into health It should be
taught in all schools before anything else

* * *

THE Lord loveth a cheerful giver It is probable
that He also loveth a cheerful loser

* * *

THERE is no foe like fear, and there is no friend
like cheer, and sunshine will plash at your
call —Robert W Service

* * *

THOSE who rejoice and go their way happily
are public benefactors The world likes light-
hearted happy people and instinctively trusts
those who have such an outlook, such self expression

* * *

THOSE who bring sunshine to the lives of others
cannot keep it from themselves

—James M Barrie

* * *

WEAR a cheerful smile with a cheerful face ,
From every frown and grumble free it
It doesn't matter so much to you,
But think of the others who've got to see it!

* * *

WHEN things go wrong, do not become dis-
heartened, it is much easier to set them
right when your soul is full of sunshine, so
just be glad It is the best way out

—Christain D Larson

* * *

Circumstance

A MAN cannot directly choose his circumstances,
but he can choose his thoughts, and so in-
directly, yet surely, shape his circumstances

—James Allen

Circumstance

CIRCUMSTANCES are the rulers of the weak
—they are but the instruments of the wise.

* * *

CIRCUMSTANCES never made the man do
right who didn't do right in spite of them.
—C Kernham.

* * *

THERE are no circumstances, however un-
fortunate, that clever people don't extract some
advantage from. —La Rochefoucauld.

* * *

WHATEVER kind of life you are to live must
be lived amid precisely the experiences in
which you are now moving. Here you must
win your victories or suffer your defeats. No rest-
lessness or discontent can change your lot. Others
may have other circumstances surrounding them, but
here are yours. You had better make up your mind
to accept what you cannot alter. You "can" live
a beautiful life in the midst of your present
circumstances. —J. R. Miller.

* * *

YOUR circumstances may be uncongenial, but
they shall not long remain so if you but per-
ceive an ideal and strive to reach it. You
cannot travel within and stand still without.
—James Lane Allen.

* * *

Civilization

UNLESS a man is socially-minded, wholesome,
and co-operative, he can hardly be called
civilized, even if he lives in a world of uni-
versities and scientific achievement.

Common-sense

IT is nothing but common-sense to be careful, and to work diligently against failure and poverty, but what good does it do to fear these things?

* * *

Company

A VOID the man of temper, the selfish, the boastful, the conceited, the scornful, the liar, lest you acquire his ways of thinking

* * *

Comparison

O UR own things delight us if we don't make comparisons, he will never be a happy man whom it torments to see one happier —*Seneca*

* * *

Complacency

P EOPLE seldom improve when they have no other model but themselves to copy after

—*Goldsmith*

* * *

T HE majority of people, who make a failure in life, do so because they never learn to guard and strengthen their weak points

* * *

Compromise

A LL government—indeed, every human benefit and enjoyment, every virtue and every prudent act—is founded on compromise and barter

—*Burke*

* * *

Conceit

B EWARE of conceit! Conceit of your knowledge of business, of your knowledge of the world Don't try to impress others with your knowledge If you have ability, leave it to others to say so We all have much to learn in spite of our years of experience Be proud of your work, but do not be vain

Conceit

IT is the devil's masterpiece to make us think well of ourselves —Adam

* * *

Condemnation

NEVER condemn your neighbour unheard, every story has two ways of being told. Justice requires that you should hear the defence as well as the accusation. Remember that the malignity of others may place you in a similar position

—Arnot.

* * *

Conduct

A LITTLE more kindness by each of us, each day, a more delicate act of justice, a finer understanding and a sympathy and service would make to-morrow a day such as the sun never looked down upon —Rev David B Pearson

* * *

CONDUCT may be said to be right only as it leads to whatever is the true ideal and wrong only as it leads away from it

—Jay William Hudson

* * *

DAILY your life touches other lives. Do you leave behind you the fragrance of wholesome friendliness as you pass? Do you add some touch of beauty to another's day? Does your kindness bring healing balm to a sore heart?

—C S Monitor

* * *

OUR thoughts as well as our actions have their effects on society, and to the extent that we conduct ourselves wisely and lovingly in our relations with others are we taking our part in world affairs, for the measure of universal love expressed by each citizen determines the measure of harmony among nations —Robert H Eagle

Conduct

THERE are two guarantees of a wise rule of conduct . the thought before the action, and self-command afterwards —*St. Ignatius Loyala.*

* * *

WHAT I am thinking and doing, day by day, is resistlessly shaping my future—a future in which there is no expiation except through my own better conduct —*Horatio W Dresser.*

* * *

Confession

AMAN should never be ashamed to say he has been in the wrong, which is but saying, in other words, that he is wiser to-day than he was yesterday. —*Pope.*

* * *

PERHAPS you would not have so much trouble with your tongue in company if you would talk more with God when alone —*Dean Farrar.*

* * *

Confidence

CONFIDENCE always gives pleasure to the man in whom it is placed It is a tribute which we pay to his merit ; it is a treasure which we intrust to his honour, it is a pledge which gives him a certain right over us, and a kind of dependence to which we subject ourselves —*La Rochefoucauld.*

* * *

CONFIDENCE imparts a wondrous inspiration to its possessor It bears him on in security either to meet no danger or to find matter of glorious trial —*Milton*

* * *

WISE men have but few confidants and cunning ones none. —*H. W. Shaw.*

Conscience

A GOOD conscience makes for great happiness, in that a clean mind is ever a joyful possession
A true conscience cares not for false accusations, or poverty or discomforts from within

* * *

IT were better to be exposed to every plague on earth than to endure the cumulative effects of a guilty conscience. The abiding consciousness of wrong-doing tends to destroy the ability to do right
—*Mary Baker Eddy*

* * *

THE origin of all mankind is the same. It is only a clear and good conscience that makes a man noble
—*Ibid*

* * *

Contacts

THE thing is to find the point of sympathetic contact with each friend and avoid other points

* * *

Contempt

CONTEMPT is murder committed by the intellect, as hatred is murder committed by the heart. Charity, having life in itself, is the opposite, and destroyer of contempt as well as of hatred
—*George Macdonald*

* * *

Contentment

BE glad for the things you have, and you will find you have far more than you thought. Then you will not miss, in the least, the things you have not
—*Christain D. Larson*

* * *

BE happy, but strive to do better and be better. I have learned, in whatever state I am, therein to be content
—*Philippians 4: 11*

Contentment

CONTENTMENT is the best food to preserve
a sound man, and the best medicine to restore
a sick one —*W Secker*

* * *

CONTENTMENT produces, in some measure,
all those effects which the alchemist usually
ascribes to what he calls the philosopher's
stone, and if it does not bring riches, it does the same
thing by banishing the desire of them

—*Joseph Addison*

* * *

CONTENTMENT is a pearl of great price
and whoever procures it at the expense of ten
thousand desires makes a wise and happy
purchase

* * *

DO good with what thou hast or it will do thee
no good Seek not to be rich, but happy
The one lies in bags, the other in content which
wealth can never give —*William Penn*

* * *

HE that stays in the valley shall never get over
the hill —*John Ray*

* * *

JUST be content with what you are
Make happiness your aim,
Much better 'tis than worldly wealth
And easier far to gain
For he who lives remembering this
With a contented mind
Will get from life the happiness
Which others never find

Contentment

MANKIND is ever in search of peace of mind, *i.e.*, happiness and contentment. This is possible only through good thoughts and understanding resulting in good action

* * *

THAT happy state of mind, so rarely possessed, in which we can say, "I have enough," is the highest attainment of philosophy. Happiness consists, not in possessing much, but in being content with what we possess. He who wants little always has enough. —*Zimmerman.*

* * *

THERE is more contentment to be had from living in a wilderness than in the midst of ill-gotten luxury

* * *

Contradiction

WE must not contradict, but instruct him that contradicts us, for a mad man is not cured by another running mad also. —*Antisthenes.*

* * *

Contribution

BEWARE how you look abroad for the succour that you will contribute nothing to create. Bear your own part, according to the imperfect ability you have received, in the work of your deliverance. That part and that ability may be small, but they are required, and they shall be enough.

—*O B Frothingham*

* * *

Controversy

BE calm in arguing, for the fierceness makes error a fault and truth discourtesy.

—*George Herdery.*

Controversy

IN any controversy the instant we feel anger we have already ceased striving for truth, and have begun striving for ourselves —*Carlyle*

* * *

YOU have not converted a man because you have silenced him —*John Viscount Morley*

* * *

Conversation

THE surest way to excel in conversation is to listen much, speak little, and say nothing that you may be sorry for —*La Rochefoucauld*

* * *

Conviction

HE who believes is strong, he who doubts is weak Strong convictions precede great actions The man strongly possessed of an idea is the master of all who are uncertain or wavering. Clear, deep living convictions rule the world —*James Freeman Clarke*

* * *

Co-operation

NO great thing has been done without the co-operation of many Little people do big work Now he that planteth and he that watereth are one —*1 Corinthians 3 8*

* * *

TO find the spirit of co-operation is to find the way of happiness in life and success in business The West cannot say to the East "I have no need of you," nor can the employer say this to the employee There must be co-operation as well as sympathy if anything good is to be accomplished in domestic, business or national life

Courage

A COURAGEOUS foe is better than a cowardly friend

A GREAT deal of talent is lost to the world for the want of a little courage —*Sydney Smith*

AND every one said to his brother, "Be of good courage" Well, this means you And before you can say that to anybody, you yourself must make courage your own You must have the courage of renunciation

AND so in the strife of the battle of life
It's easy to fight when you're winning
It's easy to slave and starve and be brave
When the dawn of success is beginning
But the man who can meet despair and defeat
With a cheer, there's a man of God's choosing
The man who can fight to heaven's own height
Is the man who can fight when he's losing !

COURAGE enlarges but cowardice diminishes our resources The fear of the timid aggravates the dangers that imperil the brave

—*Bovee*

COURAGE is the stuff of which heroes are made It is also one of the controlling qualities in the most common place lives

IF every daily task be faced with courage and unflinchingly, the very consciousness that we are doing our best makes the difficulty small and the task less toilsome

IN the whole range of earthly experience, no quality is more attractive and ennobling than moral courage —*Holmes*

Courage

IT is easy to be courageous when things are going right. Times of trouble so often produce fear and panic, showing we have never possessed real courage and fortitude. The brave are those who know no fear when trouble is on the door-step and who help others by their calm courageous outlook

* * *

MANY people are so afraid to die that they have never begun to live. But courage emancipates us and gives us to ourselves, that we may give ourselves freely and without fear to God

—Henry van Dyke

* * *

OUR ability to do is in accordance with our courage and confidence. We have strength in proportion to that courage. Let us therefore, learn first courage which is but a state of mind, and we shall be able to accomplish the seemingly impossible

* * *

SO much is within our reach if we had the courage and confidence to take it. Small minded and faint hearted people sometimes live in the midst of great opportunities but they cannot see them. It is a question of the mind, that is the source of all courage and therefore all success

* * *

“THE courage we desire and prize is not the courage to die decently but to live manfully”

—Carlyle

* * *

TRUE bravery is shown by performing without witnesses what one might be capable of doing before all the world. —La Rochefoucauld

* * *

TRUE courage and courtesy always go hand in hand. The bravest men are the most forgiving and the most anxious to avoid quarrels

—Thackeray.

Courage

WHETHER you be man or woman, you will never do anything in this world without courage. It is the greatest quality of the mind next to honour. —James L. Allen

WITHOUT courage there cannot be truth, and without truth there can be no other virtue. —Sir Walter Scott.

Courtesy

A GOOD deed is never lost, he who sows courtesy reaps friendship and he who plants kindness gathers love. —St Basil.

DON'T flatter yourselves that friendship authorizes you to say disagreeable things to your intimates. On the contrary, the nearer you come into relation with a person, the more necessary tact and courtesy become. Leave your friend to learn unpleasant truths from his enemies, they are ready enough to tell them.

—Oliver Wendell Holmes

HE who courteously shows the way to one who is lost, is like one who kindles another's lamp from his own lamp, it nevertheless illumines himself, when it lights up for the other. —Ennius

HOW sweet and gracious,
Even in common speech,
Is that fine sense

Which men call courtesy ! —James T. Fields.

KNOW, dear brother, that courtesy is one of the qualities of God Himself, Who, of His courtesy giveth His sun and His rain to the just and the unjust, and courtesy is the sister of charity, which quencheth hate and keepeth love alive.

—St Francis of Assisi

Courtesy

LIFE is not so short but there is always time
enough for courtesy —*Emerson*

* * *

NEVER address the vilest outcast as you
would not speak to your dearest friend

—*George MacDonald*

* * *

Covetousness

A POOR man wants some things , a covetous
man, all things

* * *

HE that loveth silver shall not be satisfied
with silver , nor he that loveth abundance
with increase

* * *

HE who covets is always poor

—*Claudin*

* * *

NEITHER covetous men nor the grave can
inherit anything , they can but consume
Only contentment can possess —*Ruskin*

* * *

TO cure us of our immoderate love of gain we
should seriously consider how many good
things there are that money will not purchase
and these the best , and how many evils there are
that money will not remedy, and these the worst

—*Colton*

* * *

Cowardice

IT is the coward who fawns upon those above
him. It is the coward that is insolent when
ever he dares be so —*Junius*

Criticism

BE gentle and kind with everyone and severe
with yourself —*St Teresa*

* * *

CRITICISM should not be querulous and
wasting, all knife and root puller, but guiding,
instructive, inspiring, a south wind, not an
east wind —*Emerson*

* * *

HE has a right to criticize who has a heart
to help —*Abraham Lincoln*

* * *

IF a man cannot show his fellow men how better
to guide the plough, let him stand aside and
be silent —*Str John Reith*

* * *

IF you would be loved as a companion, avoid
unnecessary criticism upon those with whom
you live —*Arthur Helps*

* * *

MIND your own business, it is of much greater
importance than the affairs of your neighbour
Cease criticism and look to your own faults,
you will find many without having to look far

* * *

NO man nor any body of men is good enough
or wise enough to dispense with the tonic
of criticism. —*Huxley.*

* * *

STOP your criticisms of others Don't worry
about the faults of your neighbour, rather
look to your own You will probably find
more soot in your own chimney than in the chimneys
of others.

Criticism

THE habit of criticising our fellow beings is a bad one, at the back of it often lies self-righteousness conceit and a false sense of superiority. Sometimes it indicates envy or a desire for retaliation. Those who criticise should first look to themselves, they will find greater faults within themselves than in others.

* * *

THE human race is divided into classes those who go ahead and do something and those who sit and enquire "Why was not it done some other way?" —*Oliver Wendel Holmes*

* * *

TO change people without giving offence or arousing resentment, talk about your own mistakes before criticising the other person —*Dale Carnegie*

* * *

Curiosity

"I KEEP six honest serving men,
They taught me all I know
Their names are What, and Where and When,
And How and Why, and Who"

—*Rudyard Kipling*

* * *

Custom

CUSTOM is the law of fools —*Vanburgh*

* * *

CUSTOM may lead a man into many errors,
but it justifies none

* * *

THE despotism of custom is everywhere the standing hindrance to human advancement.
—*John Stuart Mill*

Day

EACH day, each week, each month, each year is a new chance given you by God. A new chance, a new leaf, a new life—This is the golden, the unspeakable gift which each new day offers you.
—Dean Farrar.

* * *

EVERY day is a new birth in time, holding out new beginnings, new possibilities, new achievements. The ages have witnessed the stars in their orbits, but this day hath no age witnessed. It is a new appearance, a new reality. It heralds a new life—Yea, a new order, a new society, a new age. It holds out new hopes, new opportunities to all men. In it you can become a new man, a new woman. For you it can be the day of regeneration, renewal, rebirth. From the old past with its mistakes, failures, and sorrows, you can rise a new being endued with power and purpose, and radiant with the inspiration of a new ideal.

* * *

LET not the mistakes of yesterday nor the fear of to-morrow spoil the day.
—Coulton Everett Knox.

* * *

Death

WHEN death, the great Reconciler, has come, it is never our tenderness that we repent of, but our severity.
—George Elliot.

* * *

Debt

RATHER go to bed supperless than rise in debt.
—Benjamin Franklin.

Deceit

NO real greatness can long co-exist with deceit
The whole faculties of man must be exerted in
order to call forth noble energies, and he who
is not earnestly sincere, lives in but half his being,
self mutilated self paralysed * * * —*Coleridge*

THE easiest thing of all is to deceive one's self,
for what a man wishes he generally believes
to be true * * * —*Demosthenes*

TO talk the right and live the wrong is foolish
deceit and doing oneself much harm We
think it deceives the world, it deceives only
ourselves * * *

Deeds

A SYMPATHETIC heart is worth a bushel of
sympathetic words Actions follow the heart's
desire, and they speak louder than words * * *

BEGIN, not with a programme, but with a deed
* * * —*Florence Nightingale*

DEEDS are better things than words are,
Actions mightier than boastings * * * —*Longfellow*

YOU must do more than nod your head Be
ye doers of the word, and not hearers only,
deceiving your own selves * * * —*James 1 22*

Defeat

IF you are down, get up! Defeat often holds a
grander lesson than victory The weak man
whines over defeat and feels abused The strong
man seeks to learn its meaning, then profits by it

—*J L Brownson*

Defeat

THERE is no defeat except from within. There is really no insurmountable barrier save your own inherent weakness of purpose.

—Emerson

* * *

YOU are beaten to earth! Well what of that?

Come up with a smiling face

It is nothing against you to fall down flat,
But to lie there—that is disgrace.

* * *

Defect

THE more alive a man is to the defects of others, the more negligent he is in observing his own.

—St. Ignatius.

* * *

Delusion

SOME of life's delusions • (1) that individual advancement is made by crushing others down ; (2) The tendency to worry about things that cannot be changed or corrected ; (3) Insisting that a thing is impossible because we ourselves cannot accomplish it , (4) Attempting to compel other persons to believe and live as we do.

* * *

Democracy

ADEMOCRATIC society is only great and free in so far as greatness and freedom breathe from the individuals that compose it

* * *

DEMOCRACY is belief in the conviction that there are extraordinary possibilities in ordinary people

Democracy

IF democracy is to bring peace, prosperity and satisfaction to the peoples of the world, the first to be learnt is to "do unto others as you would have them do unto you".

* * *

IT is said that the world can never be made safe for democracy. That is beginning at the wrong end. The individual must be changed first. The basis of good government is good citizenship, *i.e.*, men and women who are right-minded, unselfish and sympathetic. This is the only basis upon which democracy can be successfully built.

* * *

THE very essence of free government consists in considering offices as public trusts, bestowed for the good of the country and not for the benefit of an individual or a party.

—John C. Calhoun.

* * *

Depression

DEPRESSION produces pessimism, pessimism means fear, fear stultifies all effort, it kills initiative, it produces despair and sickness of mind and body. No conditions, however bad they seem, justify such results and a man of courage knows it from experience. Hope, courage and work always have, and always will, overcome all depression and fear and convert our mountains of trouble into molehills. And we know from experience that things are never so bad as we believe them to be.

* * *

DEPRESSION means we must do without a few things our grandparents never dreamed about. Pity we ever had money, we now know the hardship of doing without it.

Depression

WE talk of our losses through depression Have we lost our lives or anything good which cannot be regained? On the other hand, what are our gains? We are less extravagant, less wasteful Depression has sharpened our business instincts and has brought new experiences It has created understanding and made better men of us Let us count our blessings and stop complaining

* * *

Deserts

PRACTICAL life is a Rule of Three Sums in which your duty multiplied into your capacity and divided by your circumstances gives you the Fourth Term in the proposition which is your deserts, with great accuracy —*Thomas Huxley*

* * *

THERE is no rule more invariable than that we are paid for our suspicions by finding what we suspect —*Thoreau*

* * *

Desire

SET a bound to your desires Think not of how much others have, but of how much which they have you can do perfectly well without. Be not the slave of show or circumstance —*Sir Theodore Martin*

* * *

UNLESS we get the upper hand of our low desires, they will run away with us down the road to ruin We need a strong purpose to do the right if we are to win

* * *

Despair

PAIN and despair and heartache cast you down for awhile, but afterwards—they help you to understand —*John Oliver Hobbes*

Despair

THERE is no reason, because we are perplexed,
ever to despair.

* * *

Destiny

THERE is a destiny which makes us brothers ;
none goes his way alone. —*Edwin Markham.*

* * *

Detachment

SPIN cheerfully,
Not tearfully,
Though wearily you plod.
Spin carefully,
Spin prayerfully,
But leave the thread with God.

* * *

Determination

THE world usually pushes a man the way he
makes up his mind to go. If going up, they
push him up; if going down, they push him
down—gravitation, however, making the speed
greater on the decline. —*G. F. Train.*

* * *

Devil

THE devil loves nothing better than the in-
tolerance of reformers, and dreads nothing so
much as their charity and patience.

—*Lowell.*

* * *

Devotees

TO build a new world, the first pre-requisites
are an architect and a plan. There is only one
Architect ; only one plan . . . His plan. The
only way in which men and women can help is by
becoming builders and fellow workers with God.

Difficulty

DIFFICULTIES are sent to be overcome. The weakling will collapse in the face of difficulties. The strong will be up and doing. Confidence makes man strong, therefore have confidence in yourself, in your work.

* * *

DIFFICULTY is a severe instructor, set over us by the supreme ordinance of a parental Guardian and Legislator, who knows us better than we know ourselves, as He loves us better too

—*Edmund Burke*

* * *

IT will be seen in the end that the hardships and difficulties are by no means the smallest blessings of our lives. Some one compares them to the weights of a clock, without which there could be no steady, orderly life

—*Rev J R Miller, D D*

* * *

SAMUEL Warren once said, what is difficulty? A mere notice for the necessity for exertion—a bracing of oneself up to meet difficulty is half overcoming it

* * *

THERE is no reason to look at your work through blue glasses. There is no need to imagine difficulties. When they really come, get down to them with tenacity, courage and confidence, and they become just simple problems

* * *

THERE are two kinds of persons in the world—those who think first of difficulties, and those who think first of the importance of accomplishment in spite of difficulties. —*Samuel Warren*

* * *

THERE is perhaps no station in life in which difficulties have not to be encountered and overcome before any decided measure of success can be achieved. —*Samuel Smiles.*

Diffidence

WE never know, how high we are
Till we are called to rise :
And then, if we are true to plan,
Our statures touch the skies —*Emily Dickinson*

* * *

Dignity

AGAINST lies, calumnies, etc., dignity is the
only weapon ; never let anyone see that any-
thing said by your enemies has touched you
—in short, act as if you did not dream you had enemies.
—*Ibsen.*

* * *

THERE is a healthful hardness about real
dignity that never dreads contact with others
however humble

* * *

Digestion

“IT is not what we earn, but what we save,
that makes us rich It is not what we eat, but
what we digest that makes us fat It is not
what we read, but what we understand that makes us
learned ” —*Italian Proverb.*

* * *

Disappointment

DISAPPOINTMENT should be taken as a
stimulant and never as a discouragement. It
is usually not so much the greatness of our
trouble, as the littleness of our spirit which makes us
complain —*George Macdonald.*

* * *

THE one sensible thing to do with a disappoint-
ment is to put it out of your mind and think of
something cheerful. —*Mark Twain*

Disbelief

NO sadder proof can be given by a man of his own littleness than disbelief of great men

—*Thomas Carlyle*

* * *

Discipline

TO live your life you must discipline it, you must not fritter it away in "fair purpose, erring act, inconstant will", but must make your thoughts, your words, your acts, all work to the same end

—*Florence Nightingale*

* * *

Discontent

HE who is in perfect peace suspects no man, but he who is discontented and distressed is tossed about with various suspicions, he is neither at rest himself, nor does he suffer others to rest. He considers what others are bound to do, and neglects that to which he himself is bound

—*Thomas A Kempis*

* * *

LEARN to enjoy what you have. Discontent will turn a possible heaven into a certain hell.

* * *

WE are never more discontented with others than when we are discontented with ourselves

—*Amiel*

* * *

Discouragement

NEVER let us be discouraged with ourselves; it is not when we are conscious of our faults that we are the most wicked, on the contrary, we are less so. We see by a brighter light, and let us remember, for our consolation, that we never perceive our sins till we begin to cure them

—*Francois De La Mothe Fenelon*

Discretion

A SOUND discretion is not so much indicated by never making a mistake as by never repeating it. —Bovee.

MEN are born with two eyes, but with one tongue, in order that they should see twice as much as they say.

Discrimination

A WEAK mind is like a microscope, which magnifies trifling things, but cannot receive great ones. —Chesterfield.

IT is essential to discern between the true and the false, the spiritual and the material, if we are to be well and happy.

THOSE who apply themselves too much to little things usually become incapable of great things. —La Rochefoucauld.

Disease

A BODILY disease, which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual part.

Disgrace

WHATEVER disgrace you have merited it is almost always in your power to re-establish your reputation. —Socrates.

Dishonesty

DISHONESTY is ignorance of God. It is a belief arising out of greed which brings mental indigestion, the cause of all unhappiness.

Dishonesty

DISHONEST men conceal their faults from themselves as well as others; honest men know and confess them.

—*La Rochefoucauld.*

Dislike

WHATEVER you dislike in another person, take care to reform in yourself. —*Sprat.*

Dividend

IF business received from its employees only that service for which they were paid, there would be no surplus. Without surplus there can be no progress. Give generously, then, to your employer, and receive proportionate dividends in return.

—*Robert Cashman.*

Dominion

THE lust of dominion innovates so imperceptibly that we become complete despots before our wanton abuse of power is perceived; the tyranny first exercised in the nursery is exhibited in various shapes and degrees in every stage of our existence.

Double Standard

CRUEL men are the greatest lovers of mercy, avaricious men of generosity, and proud men of humility, that is to say, in others, not in themselves —*Colton*

* * *

Doubt

IF we are ever in doubt what to do, it is a good rule to ask ourselves what we shall wish on the morrow that we had done —*Sir John Lubbock*

* * *

OUR doubts are traitors,
And make us lose the good we oft might win,
By fearing to attempt —*Shakespeare.*

* * *

Drifting

THE more common secret of want of success in life is a tendency to let things drift. It is not so much the missing one opportunity, or the committing one blunder, as the lavish waste of all the forces—opportunities which in various shapes come within the grasp. It is the slovenliness of men and women which for the most part make their lives so unsatisfactory. —*John Morley.*

* * *

Drink

A DRUNKARD is unprofitable for any kind of good service —*Plato*

* * *

BEWARE of drunkenness, lest all good men beware of thee, where drunkenness reigns, there reason is an exile, virtue a stranger, God an enemy, blasphemy is wit, oaths are rhetoric, and secrets are proclamations —*Quarles*

Drink

THOSE men who destroy a healthful constitution of body by intemperance and an irregular life do as manifestly kill themselves as those who hang or poison or drown themselves

—*Shakespeare*

WISSE men mingle mirth with their cares, as a help either to forget or overcome them, but to resort to intoxication for the ease of one's mind is to cure melancholy by madness —*Charron*.

Duty

A READINESS for the duties of the hour and no restlessness beyond it, that is one of the great rules for a happy and busy life

ALL duty should be regarded as sacred, and its faithful and unselfish performance one of the leading rules of conduct. All personal and selfish considerations should be extracted and cast away from the doing of one's duty, and when this is done, Duty ceases to be irksome, and becomes joyful. Duty is only irksome to him who craves some selfish enjoyment or benefit for himself. Let the man who is chafing under the irksomeness of his duty look to himself, and he will find that his wearisomeness proceeds, not from the duty itself, but from his selfish desire to escape it

DO today's duty, fight today's temptation, and do not weaken and distract yourself by looking forward to things which you cannot see and could not understand if you saw them.

—*Charles Kingsley*

Duty

DO thy duty, that is best, leave unto Lord the
rest —Longfellow.

* * *

DON'T object that your duties are so insignificant; they are to be reckoned of infinite significance, and alone important to you. Were it but the more perfect regulation of your apartments, the sorting away of your clothes and trinkets, the arranging of your papers, "Whatsoever thy hand findeth to do, do it with thy might," and all thy worth and constancy.

* * *

DUTY alone is true; there is no true action but in its accomplishment. Duty is the end and aim of the highest life, the truest pleasure of all is that derived from the consciousness of its fulfilment.

* * *

DUTY'S whole lesson thou hast learnt at last which in self-sacrifice begins and ends —Lytton.

* * *

IF we approach our daily tasks as a divine vocation and as an opportunity to express our heart and soul in the service of humanity, the light of good will, altruism, and vital religion may illumine the most menial duties

* * *

I HAVEN'T got to make over the universe, I've only got to do my own small job.

* * *

I'D like to have it said that I did the little things beneath my hand that I found that duty pleasant that was nearest me and that my hand on someone's shoulder made them go courageously. —Lowell

Duty

LET us do our duty in our shop or in our kitchen, the market, the office, the school, the home, just as faithfully as if we stood in the front rank of some great battle, and we knew that victory for mankind depended on our bravery, strength and skill. When we do that, the humblest of us will be serving in that great army which achieves the welfare of the world. —*Theodore Parker*

* * *

MEN do less than they ought unless they do all that they can —*Carlyle*

* * *

“ONE sound always comes to the ear that is open, it is the steady drum beat of duty. No music in it, perhaps, only a dry rub-a-dub. Ah, but that steady beat marks the time for the whole orchestra of earth and heavens! ” Keep step to that drum beat and the dullest march is taking you home. —*George S Merriam.*

* * *

OUR daily duties are a part of our religious life, just as much as our devotions are. —*H W Buchan.*

* * *

OUR duty is not finished when we have lived a morally clean life. We must help others —*— their standard of goodness.*

Duty

THE right performance of this hour's duties will be the best preparation for the hours or ages that follow it.
—Emerson

* * *

WE are not in this world to do what we wish, but to be willing to do that which it is our duty to do.

* * *

WE cannot reckon our duty by public opinion. To do the right thing it is often necessary to be out of joint with the times and with public opinion. Think right, do right fearlessly and public opinion will not count.

* * *

WHO are the worst people in the world? Those who know their duty, and do not practise it
—Rev Henry Martyn

* * *

Earnestness

DO you wish to master any science or accomplishment? Give yourself to it and it lies beneath your feet. Time and pains will do anything. This world is given as the prize for the men in earnest, and that which is true of this world is truer still of the world to come

—F W. Robertson

* * *

TO be thoroughly in earnest is everything, and to be anything short of it is nothing.

—Dickens.

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* * *

RIGHTS without duties make anarchy, duties without rights make slavery. Rights and duties indissolubly united one to another make liberty.

* * *

THE double duty of every individual is an obligation to assist others to assist themselves. There are many cold hands and cold hearts in the world today, and all need the relief of friendship and fellowship.

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* * *

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Earnestness

WE cannot be earnest about anything which does not naturally and strongly engage our thoughts. It will be found everywhere that the men who have succeeded in business have been the men who have earnestly given themselves to it. Far more than mere talents or acquirements, enthusiasm and energy in work carry the day.

* * *

Earthly Glory

MAN must learn that domination, aggression, national greed and the love of power are "of the earth, earthy," they are not of God. Sooner or later they fail because they are not based on unselfed good.

* * *

Ease

MAN is ill adapted for living an easy life, he is well adapted for living a difficult one. It is precisely when his circumstances are easiest that he gives the poorest account of himself, and the best when he is fighting against odds.

—L. P. Jacks

* * *

NOTHING is easier than
Misunderstanding people
Putting the worst construction on whatever anyone says
Attributing imaginary and altogether wrong motives to the words and deeds of others
Assuming that we are right
Finding fault.
Jumping to wrong conclusions
Forgetting what we have told every one else to remember.

Economy

ECONOMY is not how little one can spend, but how wisely one can spend it.

* * *

Education

A WELL educated man is one who is of quick imagination, wide sympathy and disciplined intelligence. He must be able quickly to see how a thing looks from other people's point of view, for no one is so stupid as the man who only sees things from one point of view.

* * *

EDUCATION is the instruction of the intellect in the laws of nature, under which name, include not merely things and their forces, but men and their ways ; and the fashioning of the affection and of the will into an earnest and loving desire to move in harmony with these laws.

—*Thomas Huxley*;

* * *

EDUCATION should lead and guide man to clearness concerning himself, to peace with nature, and to unity with God ; hence, it should lift him to a knowledge of himself and of mankind, to a knowledge of God and of nature, and to the pure and holy life to which such knowledge leads.

* * *

EVERY person has two educations, one which he receives from others, and one more important, which he gives to himself. —*Gibbon*.

* * *

THE end objective of education is the making of men and women, in the highest sense of those words. For education to be truly successful, its end product must be men and women who have developed character at the same time that they have acquired knowledge.

—*B. Edwin Hutchinson*.

Education

THE entire purpose of true education is to make one not only know the truth but live it—to make one enjoy doing right, make one not work in the sunshine and run away in the storm, but work midst clouds of wrong injustice, envy, hate, and wait on God, the strong deliverer who will reward righteousness and punish iniquity

—*Mary Baker Eddy.*

• • •

THERE are three vitamins in education ; how to study, the love of study, and a realisation that study by itself is not enough.

• • •

THERE is a great tendency in the scholastic world to underrate the value and potency of self-education which commences on leaving school and endures all through life

—*Lord Armstrong.*

• • •

THOUGH education has a beginning, there is no end to it. The more you know, the more you find you don't know. Only the wisest know what fools they are, and this realising of unwisdom is the supreme sensation, for it puts one in one's place, and displays the wonder of life as nothing else can

—*Arnold Bennett*

• • •

TRUE education has no other function than the development of the natural perception of beauty, fitness and rightness, or of what is lovely, decent and just, and of the relative will: you do not educate a man by telling him what he knows not, but by making him what he was not. —*Ruskin.*

Education.

TRUE education should lead human souls to what is best, and make what is best out of them; these two objects are always attainable together and by the same means. The training which makes men happiest in themselves also makes them most serviceable to others.

* * *

Effort

A GREAT effort may be made in a moment of excitement; but continual little efforts can only be made on principle.

* * *

EFFORT that does not flag, resolution that never weakens, and thought that does not wander from the main task—these desirable traits are stepping stones to success.

* * *

THE smallest effort is not lost ;
Each wavelet on the ocean tossed
Aids in the ebb tide or the flow ;
Each raindrop makes some floweret glow,
Each struggle lessens human woe. —C. Mackey.

* * *

THERE is pathos in the sight of a man who having tried, has failed—but infinitely greater sadness is there in the contemplation of him who will not try because he is indifferent.

—Henry Seton Merriman.

* * *

Egoism

AN ostentatious man will rather relate a blunder or an absurdity he has committed, than be debarred from talking of his own dear person.

—Addison.

Egoism

EGOTISM is not the same as genius, though it often exhibits similar symptoms. The only difference is that the genius demands recognition of his work—the egoist of himself

—G. U. Ellis

IT is our pride that makes another's criticism rankle, our self will that makes another's deed offensive, our egotism that feels hurt by another's self assertion. Well may we feel wounded by our own faults

—Mary Baker Eddy.

OUR opinion of people depends less upon what we see in them, than upon what they make us see in ourselves.

SELF-LOVE and egoism are bad qualities, of which the unrestrained exhibition, though it may be sometimes amusing, never fails to be wearisome and unpleasant.

—Dickens

THAT man who lives for self alone lives for the meanest mortal known

—Jacques Miller.

THOSE who show themselves off do not shine ;
Those who justify themselves are not convincing ,
Those who assert themselves do not endure

—The Taoist Classic, 500 B C

WE see things not as they are, but as we are

Eloquence

TRUE eloquence consists in saying 'all that is necessary, and nothing but what is necessary

—La Rochefoucauld.

Encouragement

MANY a one by being thought better than he was, has become better —*Benjamin Jowett*

* * *

Endeavour

THERE is precious instruction to be got by finding we are wrong Let a man try faithfully, manfully to be right, he will grow daily more and more right —*Carlyle*

* * *

Energy

A MAN with knowledge, but without energy, is a house furnished, but not inhabited, a man with energy, but no knowledge, is a house dwelt in but unfurnished

* * *

THE only progress which is really effective depends, not upon the bounty of Nature, but upon the energy of man

* * *

Enmity

ENVY, uncharitableness, class jealousies, race prejudice, and international enmities are not realities They do not abide They are the fictions of unenlightened comprehension

* * *

EVERY nation of the world is labouring under the terrific illusion that its enemies exist across some geographical boundary We do not slay our enemies when we slay our brothers ; we merely multiply them Hate, fear, ill will, greed, ignorance, pride, racial and nationalistic bigotry—these are the real enemies of my country, and your country, and every country —*Dr Harold Phillips*

Enmity

SECRET enmities are more to be feared than open ones —Cicero

* * *

WE are bidden "Love your enemies, bless them that curse you, do good to them that hate you"
Is it not strange that though obedience to these commands would harmonise our relations with each other, we habitually and persistently ignore such commands?

* * *

Enough

WE all have—
Enough time to give a little to the service of the public
Enough strength to lift a little of someone's load
Enough faith to start one more effort at self improvement
Enough knowledge that we could have saved ourselves one bad blunder
Enough good fortune that we could sing at least on song of gratitude —Rev Roy L. Smith

* * *

Enthusiasm

ENTHUSIASM is one of the most powerful engines of success. When you do a thing do it with your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm.

* * *

LIVE by enthusiasm, don't by necessity; and, if you fail, make failure a stepping stone
—Woodrow Wilson

Enthusiasm

NOTHING is so contagious as enthusiasm. It moves stones, it charms brutes. Enthusiasm is the genius of sincerity and truth accomplishes no victories without it

* * *

Envy

AN envious man waxeth lean with the fatness of his neighbours. Envy is the daughter of pride, the author of murder and revenge, the beginner of secret sedition and the perpetual tormentor of virtue. Envy is the filthy slime of the soul; a venom, a poison, or quicksilver which consumeth the flesh and drieth up the marrow of the bones. —*Socrates.*

* * *

IF we did but know how little some enjoy of the great things they possess, there would not be much envy in the world —*Young.*

* * *

THE truest sign of being born with great qualities is to be born without envy. —*La Rochefoucauld*

* * *

Equanimity

HE that can heroically endure adversity will bear prosperity with equal greatness of soul; for the mind that cannot be dejected by the former is not likely to be transported with the latter —*Fielding*

* * *

Errors

NOTHING short of our own errors should offend us. He who can wilfully attempt to injure another, is an object of pity rather than of resentment. —*Mary Baker Eddy.*

* * *

PEOPLE first abandon reason, and then become obstinate; and the deeper they are in error the more angry they are. —*Blair.*

Errors

“THE little I have seen of the world teaches
me to look at the errors of others in sorrow,
not in anger” —*Longfellow*

* * *

Evil

EVIL can never result in good, then why does
the world practise evil? Because of its ignorance St Paul said, “When I was a child I
spake as a child, I understood as a child, I thought as a
child, but when I became a man, I put away childish
things” When will mankind grow out of all the
foolish, barbaric beliefs which are the cause of all
distress and suffering?

* * *

EVIL has an appetite for falsity and eagerly
seizes upon it as truth —*Swedenborg.*

* * *

EVIL is an experience, and not a power It
is a state of ignorance, of undevelopment, and
as such it recedes and disappears before the
light of knowledge

* * *

EVIL is self assertive It says “I am a real
entity, overmastering good” This falsehood
should strip evil of all its pretensions The
only power of evil is to destroy itself It can never
destroy one iota of good —*Mary Baker Eddy*

* * *

EVIL is wrought by want of Thought
As well as want of heart! —*T Hood*

Evil

EVIL, when rightly understood is found to be, not an unlimited power or principle in the universe, but a passing phase of human experience, and it therefore may be regarded as a lesson to those who are willing to learn. Evil is not an abstract something outside yourself, it is an experience in your own mind, and by patiently examining and rectifying your mind you will be gradually led into the discovery of the origin and nature of evil, which will necessarily be followed by its complete eradication. There is no evil in the universe which is not the result of ignorance, and which would not, if we were ready and willing to learn its lesson, lead us to higher wisdom, and then vanish away.

* * *

IF God sends no wrong because he knows no wrong from whence comes all the evil in life? Surely from the mind of man. This being so, it is only necessary to change this mind—the belief, the outlook—to change the world.

* * *

IF we wish to overcome evil, we must overcome it by good. There are doubtless many ways of overcoming the evil in our own hearts, but the simplest, easiest, most universal, is to overcome it by active occupation in some good word or work. The best antidote against evil of all kinds against the evil thoughts which haunt the soul, against the needless perplexities which distract the conscience is to keep hold of the good we have.

—A. P. Stanley

* * *

IS it your desire to live long and be happy? Then keep your tongue from evil, keep your lips from deceit, shun evil and do good, seek to be friendly—aim at that.

—Psalms

* * *

PRAY that nations as well as individuals may apply this rule. Devise not evil against thy neighbour seeing he dwells securely by thee.

—Proverbs 3 29

Evil

THE evil that men do lives after them
The good is oft interred with their bones
—*Julius Caesar*

Exaggeration

AN understatement is better than an overstatement
The discovery of the former strengthens your case
The exposure of the latter smashes your credit as a responsible man
—*Robert Lennox Ludlow*

Example

IF others go astray through human frailty let them serve as a mirror to us, to observe the faults we should overcome in ourselves
—*St Ignatius*

LIKE alone acts upon like
Therefore do not amend by reasoning but by example,
approach feeling by feeling, do not hope to excite love except by love
Be what you would wish others to become
Let yourself, and not your words, preach to you
—*Anon*

PRECEPT is instruction written in the sand, the tide flows over it, and the record is gone
Example is graven on the rock, and the lesson is not soon lost.
—*Channing*

REMEMBER, your example, more than your words make morals for mankind
Faith without works is dead

THE best sermon is the example of a good unselfish life
Be it ever so obscure, it is more active in helping others than many eloquent orations

WE live in an age that hath more need of good examples than precepts
—*George Herbert*

Example

YOU can only make others better by being good
yourself. —*Hugh R. Haweis*

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Excuse

AN excuse is worse and more terrible than a
lie, for an excuse is a lie guarded —*Pope*

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Expectation

NO one can become prosperous while he really
expects to remain poor. We tend to get what
we expect, and to expect nothing, is to get
nothing

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Experience

EXPERIENCE keeps a dear school, but
fools will learn in no other, and scarce even
in that, for it is true we may give advice,
but we cannot give conduct. However, they will
not be counselled that cannot be helped

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OTHERS' follies teach us not,
Nor much their wisdom teaches,
And most of sterling worth is what
Our own experience preaches

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Faculty

WE are born with faculties and powers capable
of almost anything, such as at least would
carry us further than can be easily imagined,
but it is only the exercise of those powers which gives
us ability and skill in anything, and leads us towards
perfection —*John Locke*

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Failings

LITTLE failings eat holes in the citadel of
character.

Faith

FAITH is the bird that feels the light and sings
when the dawn is dark —*Tagore*

* * *

KEEP your faith in all beautiful things in
the sun when it is hidden, in the spring when
it is gone

* * *

NO faith can last that never sings
—*Lascelles Abercrombie*

* * *

O GIVE my courage wings, like wild geese
flying
In arrowed wedge against the far flung sky ,
In patience wait, when little things are trying,
And keep the flame of faith clear, white and high

* * *

OUT of suffering comes the serious mind,
Out of salvation, the grateful heart—
Out of endurance fortitude, and
Out of deliverance FAITH

* * *

THE one sovereign cure for a sense of futility
and frustration is faith in God If anyone's
faith in God were complete, so that he trusted
God with his whole being that would give direction
and meaning to every moment of his time and every
jot of his activity

* * *

THERE is little fear for the future of the young
man who has a deep-seated faith in himself
Self faith has ever been more than a match for
difficulties Men with no assets but colossal faith in
themselves have accomplished wonders

* * * —*Orison Swett Morden*

THERE is nothing which strengthens faith
more than the observance of morality

—*Addison*

Faith

THINK how the faith of far-seeing men that slavery could be abolished necessarily preceded its abolishment ; and consider the need to-day for men who really are confident that war can be done away, that industrial injustice and political corruption can be stopped, and that the brotherhood of man is a possibility

* * *

TO have faith that God is at work means to know that He is always offering us opportunities of service. He is always opening some door, inviting us to some adventure in His name.

—Rev. James Reid, D.D.

* * *

Falsehood

FALSEHOODS enslave us Only the truth frees us Hold to your freedom, to truth : And ye shall know the truth and the truth shall make you free.

—John 8-32.

* * *

IT is more from carelessness about truth, than from intentional lying, that there is so much falsehood in the world.

—Johnson.

* * *

TO thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man.

—

Fanaticism

NOTHING has brought more prejudice to religion, or brought more disparagement upon truth, than boisterous and unreasonable zeal.

—*Barrow.*

* * *

Fault

A MAN will never get right so long as he believes that all the faults are in other people, or in circumstances. He must realise that quite frequently it is his own attitude to life that is wrong.

* * *

BETTER mend one fault in yourself than a hundred in your neighbour. —*Elbert Hubbard.*

* * *

DO not think of your faults, still less of others' faults ; in every person who comes near you, look for what is good and strong ; honour that ; rejoice in it ; and as you can, try to imitate it ; and your faults will drop off like dead leaves when their time comes.

—*Ruskin.*

* * *

EVERY man should keep a fair-sized cemetery in which to bury the faults of his friends.

—*Henry Ward Beecher.*

* * *

FAULTS in the life breed errors in the brain,
And these reciprocally these again ;

The Mind and Conduct mutually imprint,
And stamp their image in each other's mint.

—*Cowper.*

* * *

IF we commit small faults with indifference we shall soon commit great ones without remorse.

—*St. Gregory.*

Fault

IN nine cases out of ten we should not suffer when found fault with. If the condemnation is just, it should be welcomed as a warning, but if it is undeserved, why should we allow it to distress us?

* * *

IT is a greater thing to know how to acknowledge a fault than to know how not to commit one
—*Cardinal De Retz.*

* * *

NEVER smile at other people's faults. Your own faults may be a huge joke to others.

* * *

NEVER let us be discouraged with ourselves; it is not when we are conscious of our faults that we are the most wicked, on the contrary, we are less so. We see by a brighter light, and let us remember, for our consolation, that we never perceive our sins till we begin to cure them.

—*Francois De La Mothe Fenelon*

* * *

WHEN I feel like finding fault, I always begin with myself and then I never get any farther.

—*David Grayson*

* * *

Fault-Finding

DON'T be quick to tell people of their faults. Rather look for your own.

* * *

THE ability to find fault is believed, by some people, to be a sure sign of great wisdom, when, in most cases, it only indicates narrowness of mind and ill nature
—*Aughey*

Fault-Finding

TO find fault is easy, and in every man's power, but to point out the proper remedy is the proof of a wise counsellor —*Demosthenes*

* * *

WE should never speak of the faults of others if we do not think thereby to effect some useful purpose —*Goethe.*

* * *

Favour

HE who receives a favour must retain a recollection of it for all time to come, but he who confers should at once forget it, if he is not to show a sordid and ungenerous spirit

* * *

Fear

CONSTANT fear saps courage, shakes confidence. You will never be anything but a beggar all the time you allow fear to make you think beggarly thoughts. Poverty and failure are the result of thoughts in that direction

* * *

DON'T be afraid. Fear destroys ability. If you are afraid of something look it in the face. A calm mind is a victorious mind. Remember that when you get excited in games you aid your opponents. Fear does to the mind what paralysis does to the body, it makes us powerless

* * *

FEAR, after hate, is the most destructive emotion. It breaks down the nervous system and undermines the health, it also renders happiness and peace of mind impossible. Fear gives rise to worry and those who worry can never be well.

Fear

FEAR in all its different phases, such as worry, anxiety, anger, jealousy, timidity, is the greatest enemy of the human race. It has robbed man of more happiness and efficiency, has made more men cowards, more people failures, or forced them into mediocrity, than anything else

* * *

FEAR kills effort and stultifies endeavour. Be not afraid. Remember "I can is the son of I am." Mary Baker Eddy says "The devotion of thought to an honest achievement makes the achievement possible"

* * *

HALF our fears are baseless, the other half discreditable

—Boice

* * *

OFTEN the fear of not being able to accomplish what is before us is the only thing in the way.

* * *

SOME people are said never to know what fear means. The greater hero, however, is the man who is afraid but who is too proud to show it. That is real heroism and such a man will become a great leader

* * *

THE most destructive of all emotions is fear. Fear is faith in evil. He who fears becomes a psychological coward and the thing he fears will surely overpower him

* * *

THE great foe to success is fear and nervousness. It makes cowards of us. It kills all ambition. The man who starts by saying "I cannot" will always be a failure. What does fear indicate in business? It means indecision, it means working at a project with a good deal of doubt as to the possibility of success. It means loss of mental control which is fatal. Brave men have fears it is true, but they overcome them

Fear

THERE is a virtuous fear which is the effect of faith, and there is a vicious fear, which is the product of doubt. The former leads to hope, as relying on God, in whom we believe, the latter inclines to despair, as not relying on God, in whom we do not believe. Persons of the one character fear to lose God, persons of the other character fear to find him. —Pascal

* * *

THERE is nothing to fear but fear indeed. There is nothing to fear at all. The place to overcome fear is in one's own mind. You overcome it not by refusing to see it but by facing it in its blackest reality. When one has faced it whole, one can overcome it. —Dorothy Thompson

* * *

WE invite what we fear because fear is an acknowledgment of weakness and unprotectedness that offer easy reward for invasion and conquest. —C M S

* * *

WHEN we face our fears they tend to vanish. They cannot stand our calm and determined gaze. Usually when we look our fears in the face we find that they are only shadows cast by our own thoughts. Often what we are afraid of is not there, we only think it is there or expect it to come.

* * *

Fellowship

DOING nothing for others is the undoing of one's self. We must be purposely kind and generous, or we miss the best part of existence. The heart that goes out of itself gets large and full of joy. This is the great secret of the inner life. We do ourselves the most good doing something for others. —Horace Mann

Fellowship

FELLOWSHIP is heaven, and lack of fellowship is hell, fellowship is life, and lack of fellowship is death, and the deeds that ye do upon the earth, it is for fellowship's sake that ye do them
—William Morris

* * *

LET all think kindly of others never criticise them, never condemn never judge, on the contrary, let all condone, excuse, justify, seek to comprehend, seek to put themselves in the place of others This mental attitude has to be perseveringly cultivated It cannot be adopted by mere good resolution
—Arnold Bennett

* * *

NEVER in his long and turbulent history has man needed a change of spirit in his dealings with his fellow men as crucially as in the present era of confused thinking and violent speech What the world needs is good will and fellowship, tolerance and reason, and it cannot get them in the mass until it first gets them in the units

* * *

NO matter what our handicaps are in life, we can always do something to help our neighbour and the world A bright smile, a kind word, a helpful act will do much to improve conditions for others and for ourselves

* * *

ON the road we tread there are many rough places we can smooth for each other if we want to A little sympathy, a kind word, an unselfish act towards others, will smooth our own path as well as theirs

* * *

Fidelity

FIDELITY finds its reward and its strength in exalted purpose
—Mary Baker Eddy

Fight On !

BE strong !

We are not here to play, to dream, to drift ;
We have hard work to do, and loads to lift ;
Shun not the struggle—face it ; 'tis God's gift.
Be strong !

It matters not how deep intrenched the wrong,
How hard the battle goes, the day how long ;
Faint not—fight on ! To-morrow comes the song.

—*Maltbie Davenport Babcock.*

* * *

Firmness

CLEVERNESS, talents, elegant manners, graceful speech and winsome ways, are nothing unless they are protected by the shield of firmness.

* * *

Flattery

FLATTERY is like base coin ; it impoverishes him who receives it. —*Madame Voiliez.*

* * *

FLATTERY is a sort of bad money to which our vanity gives currency.

—*La Rochefoucauld.*

* * *

MOST men are susceptible to flattery and clever rogues take advantage of this fact. The flattered man is blinded by his self-love.

* * *

THEY serve us best who do not flatter, but whose influence is to make us dissatisfied rather than satisfied with ourselves.

* * *

Foolishness

THE instruction of the foolish is a waste of knowledge ; soap cannot wash charcoal white.

—*Kabir.*

Foolishness

THERE are two kinds of fools One says
"This is old, therefore it is good" The other
says "This is new, therefore it is better"
—Dean Inge

Force

HE who is overcome by force is not thereby
overcome in his heart, he may be a greater
enemy than before; but he who is overcome
by the spirit of peace is thereby changed at heart.
He that was an enemy has become a friend.

Foresight

BUILD to-day, then, strong and sure,
With a firm and ample base:
And ascending and secure
Shall to-morrow find its place.
—Longfellow.

Forgetfulness

ANXIETY of past evils and suffering is foolishness
What is past is dead Cicero expressed
wisdom when he said, "Teach me the art of
forgetting: for I often remember what I would not
and cannot forget what I would"

Forgiveness

A WISE man will make haste to forgive, because
he knows the true value of time, and will not
suffer it to pass away in unnecessary pain
—Samuel Johnson.

DOES any man wound thee? Not only forgive,
but work into thy thought intelligence of the
kind of pain that thou mayest never inflict
it on another spirit.

Forgiveness

DOING an injury puts you below your enemy ,
Revening one makes you but even with him ,
Forgiving it sets you above him
—*Benjamin Franklin*

* * *
FORGIVE thy foe, nor that alone,
His evil deeds with good repay,
Fill those with joy who leave thee none,
And kiss the hand upraised to slay

* * *
FORGIVE thyself nothing , but others much

* * *
HE that cannot forgive others breaks the bridge
over which he must pass himself, for every
man has need to be forgiven —*G Herbert*

* * *
IT is the highest part of the highest creed to forgive
before memory sleeps, and ever to remember
how the good overcame the evil —*Dickens*

* * *
NEVER does the human soul appear so strong
as when it foregoes revenge, and dares to
forgive an injury —*E H Chapin*

Fortune

* * *
GREATER virtues are necessary in bearing good
fortune than bad —*La Rochefoucauld*

* * *
THE blessings of fortune are the lowest , the
next are the bodily advantages of strength and
health , but the superlative blessings in fine,
are those of the mind —*L'Estrange*

Fortune

THE use we make of our fortune determines its sufficiency. A little is enough if used wisely, and too much if expended foolishly.

—Bovee

THERE is some help for all the defects of fortune, for if a man cannot attain to the length of his wishes he may have his remedy by cutting of them shorter.

—Cowley.

Freedom

AS freedom is the only safeguard of governments, so are order and moderation generally necessary to preserve freedom.

—Macaulay

BUT what is freedom?
Rightly understood

A Universal Licence to be good

—Hartley Coleridge

“FOR freedom, in the last analysis, is not mere absence of restraint, but the opportunity of each to develop for the good of all, and this recognition has only been made effective with the coming of democracy.”

—A S McDowall

FREEDOM is not the right to do as you please, but the liberty to do as you ought.

—Anon

HE is a free man whom truth makes free
And all are slaves besides

—Selected

MEN are never so likely to settle a question rightly as when they discuss it freely.

—Macaulay

Freedom

NECESSITY is the plea for every infringement of human freedom. It is the argument of tyrants, it is the creed of slaves. —*Wm Pitt.*

* * *

Freewill

MOST of us can, if we choose, make of the world a palace or a prison. —*Sir John Lubbock*

* * *

WHETHER each day of your life shall give happiness or suffering rests with yourself. —*George S Merriam.*

* * *

Friendship

A FRIEND should be like money—tried before being required, not found faulty in our need.

* * *

A GOOD man is the best friend, and therefore soonest to be chosen, longer to be retained and, indeed, never to be parted with. —*J. Taylor.*

* * *

A TRUE friend is distinguished in the crisis of hazard and necessity, when the gallantry of his aid may show the worth of his soul and the loyalty of his heart. —*Ennius.*

* * *

A TRUE friend unbosoms freely, advises justly, assists readily, adventures boldly, takes all patiently, defends courageously and continues a friend unchangeably. —*William Penn*

* * *

AH, how much good we may do each other by a few friendly words ; and the opportunities for them are so much more frequent than for friendly deeds. —*George Elliot.*

Friendship

BLESSED is the man who has the gift of making friends, for it is one of God's best gifts.

—*Thomas Hughes.*

BLESSED is the man who has the gift of making friends. It involves many things ; but, above all, the power of going out of one's self and seeing and approaching whatever is noble and living in another man.

—*Thomas Hughes.*

D^O not form friendships hastily, but once formed, hold fast to them. It is equally discreditable to have no friends and to be always changing one's acquaintances.

—*Socrates.*

DON'T flatter yourselves that friendship authorizes you to say disagreeable things to your intimates. On the contrary, the nearer you come into relation with a person, the more necessary tact and courtesy become.. Leave your friend to learn unpleasant truths from his enemies ; they are ready enough to tell them.

—*Oliver Wendell Holmes.*

FRIENDSHIP is a mighty factor in this hard world, since by Friendship comes self-forgetfulness and no man does great works unless he forgets self.

—*Jeffrey Farnol.*

FRIENDSHIP is one of the sweetest joys of life.... Human sympathy is the basket of silver, bearing the golden apples of consolation

—*Charles H. Spurgeon.*

FRIENDSHIP is to be purchased only by friendship. A man may have authority over others ; but he can never have their heart but by giving his own.

—*Bishop Wilson.*

Friendship

FRIENDSHIP, above all ties doth bind the heart

And Faith is Friendship in its noblest part

* * *

HE who has a thousand friends, has not a friend to spare,

And he who has one enemy, will meet him everywhere —*Emerson*

* * *

IN the heyday of our strength and self confidence we may imagine that we can stand alone—that we do not need friends, that it does not matter if we drive our fellows away from us. But strength and self confidence pass and the shadows fall thickest upon a lonely road

* * *

IT is only the great hearted who can be true friends, the mean and the cowardly can never know what true friendship means

—*Charles Kingsley*

* * *

IT will not be our adventures in business but the adventures in friendship and neighbourliness that will count most with us

* * *

NO man that imparteth his joys to his friend but he joyeth the more, and no man that imparteth his griefs to his friend, but he grieveth the less

—*Bacon*

* * *

THAT is a choice friend who conceals our faults from the view of others and discovers them to our own

—*Secker*

* * *

THE firmest friendships have been formed in mutual adversity, as iron is most strongly united by the fiercest flame —*C C Colton.*

Friendship

THE test of friendship is found not only in adversity, but also in prosperity, a true friend loveth at all times

* * *

WHAT is friendship, other than the harmony of all things divine and human, with good will and affection? Friendship improves happiness and abates misery, by the doubling of our joy, and the dividing of our grief

—Cicero

* * *

Gambling

GAMBLING is the child of avarice, the brother of inequity and the father of mischief

—Washington

* * *

Generosity

GENEROSITY is in nothing more seen than in a candid estimation of other men's virtues and good qualities

—Barrow

* * *

WE can all do more than we have done,
And be not a whit the worse,
It never was loving that emptied the heart,
Nor giving that emptied the purse

* * *

Genius

SAID Carlyle "Genius is an infinite capacity for taking pains" Knowledge, power, mastery over any tiny bit of life, cannot be won by a few easy lessons We must take the long road through the wilderness of patient industry and self-control

Gentleman

A "GENTLEMAN" is one who cannot do an ungentle or an ungentlemanly thing

* * *

THE essential characteristics of a gentleman are the will to put himself in the place of others, the horror of forcing others into positions from which he would himself recoil, the power to do what seems to him to be right

—John Galsworthy

* * *

THE true gentleman is God's servant, the world's master, and his own man, virtue is his business, study his recreation, contentment his rest, and happiness his reward

* * *

Gentleness

GENTLENESS corrects whatever is offensive in our manners

—Blair.

* * *

GENTLENESS is not the monopoly of the weak and inefficient. Only the strong can be really gentle. Violence and rough dealing is a sign of weakness, ignorance, inexperience. Efficiency demands firm and consistent but gentle and sympathetic treatment

* * *

IF you would fall into any extreme, let it be on the side of gentleness. The human mind is so constructed that it resists rigor, and yields to softness.

—Francis de Sales

* * *

NOTHING is so strong as gentleness,
Nothing so gentle as strength.

—St Francis de Sales

Gift

EVERY gift which is given, even though it is small, is in reality great, if it be given with affection
—*Pindar.*

• • •
T is not the weight of jewel or plate,
Or the fondle of silk or fur,
T is the spirit in which the gift is rich,
As the gift of the wise ones were,
And we are not told whose gift was gold,
Or whose was the gift of Myrrh.

• • •
THE gift is to the giver—and comes back most to him
—*Whitman.*

• • •
THERE is a gift that is almost a blow, and there is a kind word that is munificence, so much is there in the way of doing things.
—*A. Helps.*

Giving

DO not speak of the benefits you have conferred; to do so is to ask for their return. We should only remind a man of what we have given him by giving him more.

Giving

LET every man give as he is able—give of fellowship and charity, of compassion and humility, of forgiveness and co operation of gratitude and self forgetfulness

* * *

OUR giving represents something of ourselves, toward the achievement of things in which otherwise, we could never share We never lose when we give , we gain For there is a joyous and hearty response that comes to us that is even greater than what we gave

* * *

THE earnest lesson of life, whether we learn it early or late, is that giving enriches and ennobles the giver first and most of all

* * *

THERE is no happiness in having and getting, but only in giving—Half the world is on the wrong scent in the pursuit of happiness

—Henry Drummond

* * *

TO give and to lose is nothing , but to lose and give still is the part of a great mind —Seneca

* * *

TO think we can receive without giving is a fallacy The only way to get friendship and affection is to give them first But giving grudgingly is no charity and brings no return

* * *

Glory

OUR greatest glory is not in never falling, but in rising each time we fall —Goldsmith

* * *

REAL glory springs from the silent conquest of ourselves , and without that the conqueror is nought but the first slave —Thomson

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* * *

GOOD giving reflects itself and results in good receiving—this is a law—divine law

* * *

IF you are undecided which road to take, think out the least selfish, the one likely to benefit the other man, and take it, for it will surely lead to success

* * *

IN business as well as in private life, the man who follows the principle of giving as much as possible for as little as possible, will always succeed.

Giving

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Glory

TO be a stronghold in the dark to another in the time of need, to be a cup of strength to a human soul in a crisis of weakness, is to know the glory of life —*H Black*

* * *

God

MEN would obtain great favours from God did they expend half the pains on acquiring His grace, that they do on procuring the favour of the world —*St Thomas Aquinas*

* * *

Golden Rules

BEGIN the morning by saying to thyself, I shall meet this day with the busybody, the ungrateful the arrogant, deceitful, envious, unsocial All these things happen to them by reason of their ignorance of what is good and evil But I who have seen the nature of the good that it is beautiful, and of the bad, that it is ugly, cannot be injured by any of them

* * *

IF we are ever in doubt what to do, it is a good rule to ask ourselves what we shall wish on the morrow that we had done —*Sir John Lubbock*

* * *

IF you wish to be rich—Give
If you wish to be poor—Grasp
If you wish abundance—Scatter
If you wish to be needy—Hoard

* * *

IF your morals make you dreary, depend on it they are wrong —*Robert Louis Stevenson*

Golden Rules

LET us go ahead and make our mistakes—as few as we can, as many as we must, only let us go ahead
—*Jacob A. Ries.*

* * *

OUR churches teach us to respect our neighbours ; honour our parents , keep our minds washed and filled with clean, creative thoughts If we'd follow these simple rules, we'd be the nation we want to be and can be

* * *

POWER to soothe, to sympathise, to counsel and to endure are more important than the highest qualities of the hero, or the saint

—*W E H. Lecky.*

* * *

THE best way to keep good acts in memory is to refresh them with new

—*Cato*

* * *

THE noblest motive is the public good.

—*Virgil.*

* * *

THE best practical moral rule is never to do what at any time we should be ashamed of.

—*N W Senior.*

* * *

WHO hath not learned that when alone he has his own thoughts to guard and when struggling with mankind his temper, and in society his tongue?

—*Mary Baker Eddy.*

* * *

YOU are richer to-day than you were yesterday— if you have laughed often, given something, forgiven even more, made a new friend to-day, or made stepping stones of stumbling blocks , if you have thought more in terms of "thyself" than "myself" or if you have managed to be cheerful even if you were weary

—*David Grayson*

Goodness

A MAN'S value to the community depends primarily on how far his feeling, thoughts and actions are directed towards promoting the good of his fellows. We call him good or bad according to how he stands in this matter

* * *

AS there can be no goodness of life without goodness of principle so neither can there be any goodness of principle that deserves the name, without its being shown in goodness of life
—Dr Arnold

* * *

BETTER return good for evil, it is the sign of real man. Say not I will do so to him as he hath done to me. I will render to the man according to his work
—Proverbs 24 29

* * *

DOING good and bringing happiness to others bring goodness and happiness to ourselves. If you do a good turn to a friend will he not return it when an opportunity arises? If good is given wholeheartedly and spontaneously without an idea of getting anything in return, it will surely be fruitful

* * *

GOOD, the more communicated, more abundant grows
—Milton

* * *

GOOD is the conquest over evil, not the absence of evil
—Sir Ernest Benn

* * *

GOODNESS consists not in the outward things we do, but in the inward things we are. To be is the greatest thing
—Chopin

Goodness

GOODNESS never fails to receive its rewards,
for goodness makes life a blessing As an
active portion of one stupendous whole,
goodness identifies man with universal good

—*Mary Baker Eddy*

* * *

IF honesty in thought, word and deed is the best
policy, then goodness must bring us success
in life There is no limitation to goodness, we
can help ourselves to it Then why not try a little
good thinking and good doing?

* * *

IT is good to know that no man or woman
can be gentle, pure and good without the world
being better for it, without somebody being
helped and comforted by the very existence of that
goodness

—*Phillips Brooks*

* * *

IT is not enough to do good, one must do it
the right way

—*Viscount Morley*

* * *

LET me to night look back across the span
'Twixt dawn and dark, and to my conscience
say

Because of some good act to beast or man,
The world is better that I lived to-day

* * *

LITTLE self denials little honesties, little
passing words of sympathy, little nameless acts
of kindness, little silent victories over favourite
temptations—these are the silent threads of gold
which, when woven together, gleam out so brightly
in the pattern of life that God approves —*Farrar*

* * *

MAN can never benefit himself by injuring
others Good can come to mankind only
from the good he gives out

Goodness

RETURN good for evil, Love begets Love,
hatred begets hatred —*Buddha*

* * *

THE greatest good I know is to do a good
action by stealth, and to have it found out
by accident —*Charles Lamb*

* * *

THE evils of the present world are due to the
failure of nations and peoples to obey the
laws of God—the laws of goodness embodying
selfless service to mankind

* * *

THERE is never an instant's truce between
virtue and vice Goodness is the only invest-
ment that never fails

* * *

THERE is no effect in the world around us
but has its hidden or revealed cause, and that
cause is in accordance with absolute justice
Men reap a harvest of suffering because in the near
or distant past they have sown the seeds of evil,
they reap a harvest of bliss also as a result of their
own sowing of the seeds of good Let a man strive
to understand it, and he will then begin to sow only
seeds of good

* * *

THERE is no greater happiness than to be
occupied by good, whether it be good thoughts,
good actions, or good employment, for every
good thing is fraught with bliss, and evil cannot enter
the heart or house that is tenanted by all that is good
The mind whose doors are guarded by good shuts
out unhappiness as the well sentried garrison shuts
out the foe

* * *

TO get good is animal; to do good is human
to be good is divine —*Martineau*

• Goodness

WE should become more familiar with good than with evil, and guard against false beliefs as watchfully as we bar our doors against the approach of thieves and murderers

—*Mary Baker Eddy*

• • •

WHATSOEVER happens to the good man cannot cause him perplexity or sorrow, for he knows its cause and issue

• • •

WHAT to live for—

For the cause that lacks assistance
The wrong that needs resistance,
For the future in the distance,
And the good that we can do

• • •

YOUR influence for good depends upon the weight you throw into the right scale The good you do and embody gives you the only power obtainable Evil is not power It is a mockery of strength, which ere long betrays its weakness and falls, never to rise again —*Mary Baker Eddy*

• • •

Gratitude

GRATITUDE is an indication of a noble nature Shakespeare says — "I hate ingratitude more in a man than lying, vainness babbling, drunkenness, or any taint of vice whose strong corruption inhabits our frail blood"

• • •

GRATITUDE is much more than a verbal expression of thanks Action expresses more gratitude than speech —*Mary Baker Eddy*

Gratitude

GRATITUDE is a duty which ought to be paid,
but which none has a right to expect

—Rousseau

* * *

WHENEVER I find a great deal of gratitude in a
poor man, I take it for granted there would be
as much generosity if he were a rich man

—Pope

* * *

Greatness

GREAT men are they who see that spiritual is
stronger than any material force, and that
thoughts rule the world

—Emerson

* * *

GREAT is the man who enjoys his earthenware
as if it were plate, and not less great is the man
to whom all his plate is no more than earthen-
ware

* * *

GREATNESS is not haphazard. It does not
come about fortuitously. It is the combina-
tion and exercise of true qualities, set to a
lofty purpose

—Evelyn F. Heywood

* * *

“**I**F I cannot do great things, I can do small things
in a great way”

—James Freeman Clarke

* * *

NOTHING is more simple than greatness,
indeed, to be simple is to be great

—Emerson

* * *

THE greatest men of any age are not those who
have reached the pinnacle of fame and fortune,
but those whose hearts were emptied of self-
love to become vessels of comfort and encouragement
for others

Greatness

THE thoroughly great men are those who have done everything thoroughly, and who have never despised anything, however small of God's making
—*John Ruskin*

* * *

THE greatest saint is not the man who does extraordinary things, but the man who does ordinary things extraordinary well
—*St Francis De Sales*

* * *

THE greatest man is he who chooses the right with the most invincible resolution, who resists the sorest temptation from within and without, who bears the heaviest burdens cheerfully, who is calmest in storms and most fearless under menaces and frowns, whose reliance on truth and virtue, and God is most unfaltering
—*William Ellery Channing*

* * *

TRUE greatness is being great in little things
—*Johnson*

* * *

Greed

HE that loveth silver shall not be satisfied with silver, nor he that loveth abundance with increase

* * *

Habit

A MAN who gives his children habits of industry, provides for them better than by giving them a fortune

* * *

A SINGLE bad habit will mar an otherwise faultless character, as an ink drop soileth the pure white page
—*Hosea Ballou*

Habit

GOOD habits are not made on birthdays nor good character at the New Year. The workshop of character is everyday life. The uneventful and commonplace hour is where the battle is lost or won.

* * *

THE chains of habit are generally too small to be felt till they are too strong to be broken.
—Johnson

* * *

YOUTH should be careful of its habits, for they will assuredly accompany it long after they may be expected to do so. Habits remain, better see that they are good ones!

* * *

Handicap

A HANDICAP—whatever its nature—should be a challenge to battle.
—Sir Herbert Barker

* * *

NEVER acknowledge handicaps. To encounter handicaps and obstacles calls for attention and removal of them but not their recognition. We are limited by our own thoughts, handicaps are therefore self imposed limitations.

* * *

Happiness

A HAPPY life consists in tranquility of mind.
—Cicero

* * *

A HAPPY man or woman is a better thing to find than a five-pound note. He or she is a radiating focus of goodwill, and their entrance into a room is as though another candle had been lit.
—R. L. Stevenson

Happiness

BEFORE we can bring happiness to others we first must be happy ourselves, nor will happiness abide with us unless we confer it on others. If there be a smile upon our lips, those around us will soon smile too, and our happiness will become the truer and deeper as we see that these others are happy.
—*M Maeterlinck*

* * *

BY being happy, we sow anonymous benefits upon the world, which remain unknown even to ourselves, or when they are disclosed surprise nobody so much as the benefactor.
—*R L Stevenson*

* * *

COMMANDMENTS for Happiness —
Thou shalt not complain of the weather
Thou shalt not criticise thy neighbour
Thou shalt not worry over thyself or thy friends
Thou shalt not pollute the morning with doleful face
Thou shalt not be in bondage to weakness or doubt
Thou shalt not be afraid to go where duty calls
Thou shalt lie down and rest in peace

* * *

DID you ever notice that almost always the happiest person in any group or community is the person who is doing the most to make other people happy?

* * *

ENDEAVOURING to make the lives of other people happy is one of the surest ways of securing happiness for ourselves. For instance a little word of kindness so easily done may gladden the heart of some weary one.

* * *

GO not abroad for happiness to see,
It is a flower that blossoms at thy door.
—*M J Savage*

Happiness

GO out and do something for somebody It
will take you away from yourself and make
you happy —*Joseph Jefferson*

* * *

HALF the world is on the wrong scent in its
pursuit of happiness Happiness comes not
from having and getting but from giving and
serving

* * *

HAPPINESS is contagious One cannot be
happy without expressing happiness towards
his neighbour and to all the world Let us
seek to give happiness to others and we shall get it
ourselves

* * *

HAPPINESS lies in making the best of things
and in doing this we get the contented mind
without which there is no happiness

* * *

HAPPINESS in this world, when it comes,
comes incidentally Make it the object of
pursuit and it leads us a wild goose chase

—*Nathaniel Hawthorne*

* * *

HAPPINESS is a sunbeam which may pass
through a thousand bosoms without losing
a particle of its original ray ; nay, when it
strikes on a kindred heart, like the conveyed light
on a mirror, it reflects itself with redoubled bright-
ness . Happiness is not perfected till it is shared

* * *

HAPPINESS is coy : a touch of adversity's whip
will drive it away, but it cannot be commanded.
The king cannot order it, the millionaire can-
not buy it The way to it is through unselfishness and
good desires

Happiness

HAPPINESS is not a station you arrive at but
a manner of travelling

* * *

HAPPINESS does not consist in things but in
thoughts —Booth

* * *

HAPPINESS is a coy maiden and not easily
wooed and won, selfishly to pursue happiness
is the surest way to miss it As men forget
themselves for the welfare of others, they suddenly
find themselves in the land of happiness

* * *

HAPPINESS is neither within us, nor without
us, it is the union of ourselves with God

—Pascal

* * *

HAPPINESS is not a condition of things but a
condition of soul! It comes as a kind of
benediction on the full, interested life You
will never get it by seeking you will get it only by
being For it is the by-product of the kind of man
you are in God —James Black

* * *

HAPPINESS lies in labouring for your neigh-
bour It is a two-fold happiness For it
brings its own reward in the satisfaction of
achievement, in the joy of accomplishment, and it
brings another in that bending our thoughts to the
needs and afflictions of our fellows, it makes us
forget our own afflictions

* * *

HAPPINESS, at least, is not solitary, it joys
to communicate, it loves others, for it depends
on them for its existence The very name
and appearance of a happy man breathe of good
nature, and help the rest of us to live

—R L Stevenson

Happiness

HAPPINESS quite unshared can scarcely be
called happiness It has no task

—Mrs Gaskell

* * *

IN the pursuit of happiness hardly anything in
external circumstances is so really valuable
as the power of casting off worry, turning in
times of sorrow to healthy work, taking habitually
the brighter view of things

—W Lecky

* * *

IT is a great blunder in the pursuit of happiness
not to know when we have got it, that is, not
to be content with a reasonable and possible
measure of it

* * *

IT is a common delusion to imagine that if one
only possessed *this or that*—a little more money,
a little more leisure, this man's talent, or that
man's opportunities—one would be happy with a
perfect felicity Alas! discontent and misery lie
in such vain wishes If happiness is not already found
within, it will never be found without The happiness
of a wise mind abides through all vicissitudes

* * *

MAKE one person happy each day and in forty
years you have made 14,600 human beings
happy for a little time at least

* * *

NEITHER learning, nor wealth, nor fame,
nor pleasure could ever help one to happiness
Happiness is to be had only by acting up to the
height of human nature and this is possible only
by getting a right set of principles for impulse and
actions

Happiness

NO one ever found happiness who did not manufacture it for himself

—*Charles Morgan.*

* * *

NO one can do a good deed without experiencing happiness. It should follow, then, that those who do the most good deeds are happiest—and they are

* * *

NOT what we have, but what we use ;
Not what we see, but what we choose—

These are the things that mar or bless

The sum of human happiness. —*Clarence King.*

* * *

NOW happiness consists in activity ; such is the constitution of our nature : it is a running stream and not a stagnant pool.

—*J. M. Good.*

* * *

OFTEN there is as much discontent, dissatisfaction and unhappiness in the homes of the wealthy as in the dwellings of the poor, so material possession is not the guide to happiness. It must be looked for within more than without. Its basis is a good mind manifested in kindly thought and unselfish action

* * *

ONE makes one's own happiness only by taking care of the happiness of others

—*Saint Pierre.*

* * *

PLAY and be happy . . then back to work and be happy. Because you can't be happy for long without work. Ask anybody who has tried.

* * *

REMEMBER this—that very little is needed to make a happy life.

—*Marcus Aurelius*

Happiness

RESOLVE to keep happy, and your joy and you shall form an invincible host against difficulty. Happiness cannot come from without. It must come from within. —*Helen Keller.*

* * *

THE highest happiness man is capable of experiencing is the incidental product of unselfish living for God and man.

—*Rev Benjamin L Du Val*

* * *

THE happiest person is the person who thinks the most interesting thoughts.

* * *

THE foundation of domestic happiness is faith in the virtue of woman, the foundation of political happiness is confidence in the integrity of man; the foundation of happiness, temporal and eternal, is reliance on the goodness of God.

—*Landor.*

* * *

THE object of life is to be happy, the place to be happy is here, the time to be happy is now, and the way to be happy is by making others happy.

* * *

THE joy that is known only by the giver, the light heartedness of one that does an unselfish act, the life indeed that is lived for others—these things have made for human happiness within.

* * *

THE most beautiful art in the world is the art of creating happiness. It can be made out of so nearly nothing that it is well called creation. A bright face, a little sympathy and appreciation, a ready hand and encouraging voice—they send a fellow traveller on his way refreshed, strengthened, comforted.

Happiness

THE world would be a better and brighter place if our teachers would dwell on the Duty of Happiness as well as the Happiness of Duty, for we ought to be as cheerful as we can, if only because to be happy ourselves is a most effectual contribution to the happiness of others

* * *

THE happiness of the human race does not consist in our being devoid of passions, but in our learning to command them

* * *

—*From the French*

* * *

THERE is a certain art in keeping ourselves happy And in this respect, as in others, we require to watch over and manage ourselves almost as if we were somebody else

* * *

—*Sir John Lubbock*

* * *

THOSE who must be happy must cease to seek happiness and ask only the privilege of giving The song will rise in our hearts when we cease to live for ourselves and begin to live for the good we can do

* * *

—*Amery H Bradford*

* * *

TO find complete happiness we must take our attention from ourselves and fix it upon others We risk but little in forgetting ourselves completely

* * *

TRUE happiness has no localities,
No tones provincial, no peculiar garb,
Where duty goes, she goes with justice goes,
And goes with meekness charity, and love

* * *

UNSELFISH ambition, noble life—motives, and purity—these constituents of thought, mingling, constitute individually and collectively true happiness, strength and permanence

* * *

—*Mary Baker Eddy*

Happiness

WE can only have the highest happiness by having wide thoughts and much feeling for the rest of the world —George Eliot

* * *

WE often go all wrong in our search for happiness. We try to get it by selfish methods, at the expense of others. It is more likely to come through "doing unto others as you would have them do unto you"

* * *

WE seek happiness everywhere but at the right place. It is not to be found in luxurious living, but rather in the simple elemental things of life —unselfishness, kindness and consideration for others

* * *

WHO is the happiest of men? He who values the merits of others, and in their pleasure takes joy, even as though it were his own

* * *

—Goethe

Harm

“NOTHING can work me damage except myself, the harm that I sustain, I carry about with me, and never am I a real sufferer but by my own fault” —St Bernard

* * *

Hatred

DO not let your heart be haunted by hate, or happiness will not have a ghost of a show in your life

* * *

HATRED, resentment and jealousy never bring happiness and success. Their opposites, good feeling, friendliness, affection, unselfishness, never fail to bring happiness. The pity is the world will not try them

Hatred

HATRED is the vice of narrow souls ; they feed it with all their littlenesses, and make it the pretext of base tyrannies. —*Balzac.*

* * *

“**H**E injured, he defeated,” or “ he robbed me !” Harbours such feelings, how shall hatred cease ? “ He injured, he defeated,” or “ he robbed me !” Who being aggrieved, yet thinks not thus, is happy. True is the old saw, “ Never did hate kill hate.” —*Epictetus.*

* * *

LET a man overcome anger by love, let him overcome evil by good ; let him overcome the greedy by liberality, and lies by truth For hatred does not cease by hatred at any time ; hatred ceases by love. —*Buddha.*

* * *

NEVER in this world does hatred cease by hatred ; hatred ceases by love ; this is always its nature. —*Dharmapada.*

* * *

TO harbour hatred and animosity in the soul makes one irritable, gloomy, and prematurely old. —*Auerback.*

* * *

... **T**O hold hatred in abeyance with kindness, to conquer lust with chastity, revenge with charity and to overcome deceit with honesty. Choke these in their early stages and you will not cherish an army of conspirators against health, happiness and success. —*Mary Baker Eddy*

* * *

WE hate some persons because we do not know them, and we will not know them because we hate them. —*Colton*

Health

HEALTH lies in labour, and there is no royal road to it but through toil

—*Wendell Phillips.*

* * *

HEALTH is really a by product of a normally active, busy, clean and interested life And you will notice that our health is always better when we don't need to think about it at all , in other words, when it is the natural bloom of an eager and orderly life

—*James Black*

* * *

LOOK to your health , and if you have it, praise God , and value it next to a good conscience , for health is the second blessing that we mortals are capable of , a blessing that money cannot buy

—*I Walton*

* * *

TALK health The dreary never-ending table Of mortal maladies is worn and stale , You cannot charm or interest or please By harping on that minor chord disease

* * *

Heart

THE human heart, like a feather bed, needs often to be stirred, sometimes roughly, and given a variety of TURNS, else it grows hard and uncomfortable whereon to repose

—*Mary Baker Eddy.*

* * *

WHEN the heart goes before, like a lamp, and illumines the pathway, many things are made clear that else lie hidden in darkness

—*Longfellow.*

* * *

WITH glowing heart and conscience clear, There's not a thing on earth to fear

—*Lowell Hason*

Heart

YOU do not have to be a religionist to be pure in heart. Happiness comes from the mind, good thought, that is really from the heart.

* * *

Heaven

IT has been said that church-going and Bible reading alone will not carry us to the Kingdom of Harmony and Happiness, for the Kingdom of Heaven is within us in the heart that is pure and animated by unselfish motives.

* * *

NO man can always do just as he chooses until he always chooses to do God's will ; and that is heaven. There is no liberty in wrong doing.
—Joseph Cook.

* * *

SO long as heaven to you is a future state of happiness you can be sure that you will never reach it. Your heaven must be a result of the thinking you do now.

* * *

Help

DON'T you know it's the part of a brother of ^{man} To find what the grief is and help when you can ?

* * *

DOWN in their hearts wise men know this truth : the only way to help yourself is to help others.

—Elbert Hubbard "*The Philistine*."

Help

DWELLERS on the same earth, travellers of the same hour, and companions along the same road, we ought to help one another ; and when we reach the resting-place we shall have first to render an account of what each has done for the happiness of the rest—for joy or for goodness

—*Joubert.*

* * *

HE has opened the door of happiness for another who has helped him to develop a latent gift.

—*Elizabeth Gibson.*

* * *

LOOK up, and not down ; out and not in ; forward and not back ; and lend a hand.

—*Edward Everett Hale*

* * *

SUCH help as we can give to each other in this world is a debt we owe to each other.

* * *

WE are never without help We have no right to say of any good work, it is too hard for me to do, or of any sorrow, it is too hard for me to bear ; or of any sinful habit, it is too hard for me to overcome.

—*Elizabeth Charles.*

* * *

WHAT do we live for if not to make the world less difficult for each other ?

—*George Elliot.*

* * *

Heroism

HEROISM is the brilliant triumph of the soul over fear ; fear of poverty, of suffering, of calumny, of sickness, of isolation and death. ... It is the dazzling and glorious concentration of courage.

—*Amiel.*

Hindrance

A HINDRANCE ceases to be a hindrance when one faces it with courage

* * *

Holiness

A MAN can transform himself by changing his consciousness and cultivating the spirit of holiness

* * *

THERE is only one thing greater than happiness in the world, and that is holiness ; and it is not in our keeping But what God has put in our power is the happiness of those about us, and that is largely to be secured by our being kind to them
—*Drummond*

* * *

THEY ask me for secrets of holiness, for myself I know no secret than to love God with all my heart and my neighbour (which is all mankind) as myself

—*St Francis of Assisi*

* * *

Home

A HOUSE is no home unless it contains food and fire for the mind as well as the body For human beings are not so constituted that they can live without expansion If they do not get it in one way, they must in another, or perish.

—*Margaret Fuller Ossoli.*

* * *

EXPECT the romance of a home to end when the husband fails to perform towards his wife those little acts of courtesy that he gladly offered her in the happy days of courtship or when she fails to acknowledge them with grace

—*H. R. L. Sheppard*

Home

THE ready bubbling over of thoughtfulness for one another, and the habit of smiling, greeting, forbearing, thinking in this way—it is these above all else which make one's home “a building of God, a house not made with hands”

* * *

Honesty

HONESTY and fair dealing are the only principles upon which individual or national life can safely rest. Whatever the party in power, there must be a vision beyond party. The structure can only endure when built with the tempered mortar of justice and righteousness

* * *

THERE is one immutable law—honesty, then propriety. Honesty in the home, in the office, in politics, on the highway, in the Courts of Justice, in all assemblies—is what we need. This is the real recovery.

* * *

Honour

HONOUR'S a mistress all mankind pursue ;
Yet most mistake the false one for the true :
Lured by the trappings, dazzled by the paint,
We worship oft the idol for the saint.

—Paul Whitehead.

* * *

LET no man turn aside, ever so slightly, from the broad path of honour on the plausible pretence that he is justified by the goodness of his end. All good ends can be worked out by good means. Those that cannot are bad, and may be counted so at once and left alone. —C. Dickens.

Honour

THE sense of honour is of so fine and delicate a nature, that it is only to be met within minds which are naturally noble, or in such as have been cultivated by good examples, or a refined education.

—*Joseph Addison.*

* * *

Hope

GREAT things are never done, even small successes are never achieved, where there is no hope. Not to hope is not to have.

* * *

HOPE is like the sun, which, as we journey towards it, casts the shadow of our burden behind us.

—*Samuel Smiles.*

* * *

HOPE, deceitful as she is, serves at least to conduct us through life by an agreeable path.

—*La Rochefoucauld.*

* * *

HOPE itself is happiness and its frustrations, however frequent, are yet less dreadful than its extinction.

* * *

HOPE is the companion of power and the mother of success, for whoso hopes strongly has within him the gift of miracles.

—*Smiles.*

* * *

HOPE is a good word. Without hope we shall never reach the things that give life its true happiness above the changes of chances and time.

—*Burton.*

* * *

HOPE is a better companion than fear.

Hope

HOWEVER discouraging your days may have been thus far, keep this thought burning brightly in your mind—life begins each morning

* * *

IT is necessary to hope, for hope itself is happiness
Whatever enlarges hope will exalt courage
The natural flights of the human mind are not from pleasure to pleasure, but from hope to hope

—Samuel Johnson

* * *

KNOW then, whatever cheerful and serene supports the mind, supports the body too
Hence the most vital movement mortals feel is Hope, the balm and life-blood of the soul

—R W Trine.

* * *

THE sunset on which we gaze is a sunrise on the other side of the world, and the vanishing days can take from us nothing that may not be restored by someday yet unborn.

* * *

WE have it in our power to begin the world over again.

—Paine

* * *

WHEN you think you're done, you're not ; not by a long way you're on the verge of getting your second wind After that you can go on and on—any distance

—E Marjory Tuft

Human Rights

MAN has rights by nature. They may all be comprised in the right which belongs to every rational being, to exercise his powers for the promotion of his own and others' Happiness and Virtue. These are the great purposes of his existence.

—*W. E. Channing.*

Humility

A DESIRE for personal prominence in worldly affairs is conceit and false pride which bring no blessings to life. Meekness and humility are true qualities which bring the good results desired by all mankind.

A MAN should never be ashamed to own that he has been in the wrong which is but saying, in other words, that he is wiser today than he was yesterday.

—*Pope.*

DON'T go out into the world thinking you can conquer it : go out meaning to learn.

—*E. H. Young.*

GOD hath showed me that I should not call any man common or unclean.

HE that well and rightly considereth his own works will find little cause to judge hardly of another.

—*Thos. A. Kempls.*

HUMILITY is the root, mother, nurse, foundation, and bound of all virtue.

—*Chrysostom.*

HUMILITY is the first requisite for those who wish to lead an ordinary good life; but that courage is the first requisite for those who aim at any degree of perfection.

—*St. Teresa.*

Humility

HUMILITY is a mark of greatness. The
great man does not strut He is free of vanity.
Pride cannot utter a true prayer.

* * *

IT is only the humble that can climb safely to the
heights, seeing that humility standeth on no pin-
nacle whence it can fall —*St. Bernard.*

* * *

NOTHING is so scandalous than a man that is
proud of his humility. —*Marcus Aurelius.*

* * *

THIS is true humility: to think little of oneself,
and to witness, without envy or jealousy, the
good that happens to another.

St. Gregory the Great.

* * *

WALK worthy of the vocation wherewith ye
are called, with all lowliness and, meekness,
with long suffering, forbearing one another in
love. —*Eph. 4. 1, 2.*

* * *

WITH meekness, humility and diligence apply
yourself to the duties of your condition. They
are seemingly little things which make no
noise that do the business. —*Henry More.*

* * *

YOU'RE sure that you are right ?—How fine and
strong !

But were you ever just as sure—and wrong ?

* * *

Humour

A CLEVER person with no sense of humour is
like a bucket without a handle—it holds things,
but you don't get much comfort out of it.

—*J. E. Buckrose.*

Hypocrisy

THE true use of speech is not so much to express
our wants as to conceal them —*Goldsmith.*

* * *

THERE is as much folly in hypocrisy as in vice
It is just as easy to be an honourable man as
to seem one —*Mme De Stael*

* * *

TO speak the right and pretend to live it whilst
pursuing the wrong, is foolishly deceiving
one's self as well as others, and is injurious to
the guilty one

* * *

Ideals

HELP me keep sweet when there is none to see,
Help me be patient though there be no praise,
And brave without the spotlight or applause,
And honest, in the secret, unseen acts
—*Elsie Robinson.*

* * *

IDEALS are like stars, you will not succeed in
touching them with your hands But, like the
seafaring men on the desert of waters, you
choose them as your guides, and following them
reach your destiny.

* * *

JUST to be good, to keep life pure from
degrading elements, to make it constantly
helpful in little ways to those who are touched
by it, to keep one's spirit always sweet and avoid all
manner of petty anger and irritability—that is an ideal
as noble as it is difficult —*Edward Howard Griggs.*

Ideals

OUR safety is in having lofty ideals, and in constant labour to secure their realisation
Let the getting of money be a man's ideal, and he will of necessity grow towards the dust, let a man hunger and thirst after the kingdom of God, and he will grow into strength and enjoy an unspeakable peace
—*Dr Parker*

* * *

PEOPLE seldom improve when they have no model but themselves to copy
—*Oliver Goldsmith*

* * *

TEACH me to do the best I can
To help and cheer my fellowman ;
Teach me to lose my selfish need,
And glory in the larger deed,
Which smooths the road and lights the day,
For all who chance to come my way

^ * *

VISUALISE the ideal. Persistently desire it, then confidently expect it. Then you will find difficulties are a good game to win

* * *

Ideas

IDEAS are funny things. They won't work unless you do

* * *

Idleness

GOD will give seed to the sower in spring—not alms to the sluggard in harvest
—*Arnot*

* * *

IDLENESS and pride tax with a heavier hand than kings and parliaments. If we can get rid of the former, we may easily bear the latter
—*Benjamin Franklin*

If

“IF” is the motto of the dilettante
And idle dreamer ; lies the poor excuse
Of mediocrity. The truly great
Know not the word ; or know it but to scorn,
Else had Joan of Arc a peasant died,
Uncrowned by glory and by men unsung.

—*Ella Wheeler Wilcox.*

* * *

Ignorance

I KNOW no disease of the soul but ignorance. . .
it is a pernicious evil, the darkener of man's
life, the disturber of his reason, and common
confounder of truth.

—*Ben Jonson.*

* * *

PROBABLY there is no quality more efficient
in dispelling ignorance than the courage which
dares to confess it.

—*Charles Kingsley.*

* * *

THE greatest ignorance is when a man hates
that which he nevertheless thinks to be good
and noble, and loves and embraces that which
he knows to be unrighteous and evil.

—*Plato.*

* * *

THE only useful conquests, the only conquests
which leave no sort of regret behind, are the
conquests one makes over ignorance.

—*Napoleon I.*

* * *

THE truest characters of ignorance are vanity
and pride and arrogance.

—*Samuel Butler.*

* * *

TO be ignorant is not the special prerogative
of man ; to know that he is ignorant is his
special privilege.

—*Sir S. Radhakrishnan.*

Imagination

THE mind without imagination is what an observatory would be without a telescope, but let us imagine good not evil

* * *

Indecision

HALF the worries of the day spring from indecision If you do not know whether to go and risk the consequences, or stay and suffer as you have been doing, if this seems right but is hard, and that is doubtful but easy, if you are in two minds about any other problem, play the man Be done with this everlasting, paralysing indecision Determine on a plan, work on a policy Do not stand, march If right, you have made a move If it be wrong you will realize it at once

* * *

Indulgence

INDULGENCE infallibly produces selfishness and hardness of heart, and nothing but a pretty severe discipline and control can lay the foundation of a magnanimous character —*J Jeffrey*

* * *

Industry

GENERALLY speaking the great achieve their greatness by industry rather than by mere brilliance —*Bruce Barton*

* * *

THE way to wealth is as plain as the way to market, it depends chiefly on two words, industry and frugality —*Franklin*

* * *

Influence

OUR influence depends not so much on what we know, or even upon what we do, as upon what we are

Injury

KINDNESSES are easily forgotten, but injuries —
what worthy man does not keep those in mind ?
—*Thackeray*.

* * *

THE wrong done to another reacts most
heavily against oneself Right adjusts the
balance sooner or later Think it easier for
a camel to go through the eye of a needle than for
you to benefit yourself by injuring others
—*Mary Baker Eddy*

* * *

Inspiration

AN inspiration is a joy for ever, a possession as
solid as a landed estate, a fortune which we
can never exhaust and which gives us year by
year a revenue of pleasurable activity To have many
of these is to be spiritually rich
—*R L Stevenson*

* * *

Insult

INSULTS are like bad coins, we cannot help
their being offered to us, but we need not take
them
—*Spurgeon*

* * *

IT is often better not to see an insult than to
avenge it.

* * *

Integrity

OUR integrity is never worth so much as when
we have parted with our all to keep it

* * *

Intention

PERCEPTION is said to be seventeen times
faster through the eyes than through the ears
Then let good intentions be seen in action
rather than heard in speech

Intention

PROPERLY speaking everything depends upon
a man's intentions Where these exist,
thoughts will likewise appear —Goethe

* * *

Intuition

SOME people seem by intuition to see only
truth and right, others must needs work out
their faith by failure and sorrow. Some
realize truth by the pain of what is false, honour
through dishonour, right by wrongs repented of with
bitter pains —George Eliot

* * *

Jealousy

JEALOUSY steals our independence, our happi-
ness, and our usefulness We become the slaves
of all whom we envy—our own jealousy harms
us—our worry spoils our service for others Said
Goethe "Against the great superiority of another
there is no remedy but love" —Arthur A Taylor

* * *

Jest

BEWARE of biting jests, the more truth
they carry with them, the greater wounds they
give, the greater smarts they cause, and the
greater scars they leave behind them. —Lavater.

* * *

Joy

DESIRE joy and thank God for it Renounce
it, if need be, for others' sake That's joy
beyond joy. —Robert Browning.

Joy

JOY cannot come to us without effort on our part. We must go out to meet it and draw it towards ourselves by the quality of our own thoughts and actions. Joy waits just round the corner for each one of us, but alas ! we so often look in the wrong direction or else loiter aimlessly about in the mean streets of unhappiness

* * *

JOY is not in things, but in us

* * *

—Charles Morgan

JOY in one's work is the consummate tool, without which the work may be done indeed, but without which the work will always be done slowly, clumsily, and without its finest perfectness

* * *

—Phillips Brooks

JOY will be yours when you let your love go forth freely to everybody and everything

* * *

NO one can get joy by merely asking for it. It is one of the ripest fruits of good life, and, like all fruit, it must be grown

* * *

Judgment

FOR all right of judgment of any man or thing, it is useful, nay essential, to see his good qualities before pronouncing on his bad

* * *

—Thomas Carlyle

GIVE every man thy ear, but few thy voice, Take each man's censure, but reserve thy judgment

* * *

—Shakespeare

LET us not therefore judge one another any more, but judge thus rather, that no man put a stumbling block or an occasion to fall in his brother's way

Judgment

IN judging others, a man labours to no purpose, commonly errs, and easily sins, but in examining and judging himself, he is always wisely and usefully employed —*Thomas A Kempis*

* * *

IT is not fair to judge an apple tree by the worst apple on it, nor a man by his meanest deed or speech

* * *

JUDGE not, that ye be not judged For with what judgment ye judge, ye shall be judged, and with what measure ye mete, it shall be measured to you again —*Mathew*

* * *

JUDGE thyself with a judgment of sincerity, and thou wilt judge others with a judgment of charity —*Mason*

* * *

Justice

JUSTICE reigns, and all that is called injustice is fleeting and illusory The man who believes in Justice remains calm through all trials and difficulties

* * *

JUSTICE consists in doing no injury to men, decency, in giving them no offence —*Cicero*

* * *

Karma

LIFE'S evening will take its character from the day that preceded it.

* * *

THAT a man shall reap as he sows is too often seen as a threat rather than a promise

—*Robert Bingham*

Keeping Young

THERE is nothing that keeps the heart young like sympathy, like giving oneself with enthusiasm to some worthy thing or cause

* * *

WHEN one finds company in himself and his pursuits, he cannot be old, whatever his years may be

* * *

Kindness

ABOVE all things be kindly, kindness is a grace very near the likeness of God, and one which disarms men above all else

Gentle, charitable thoughts of others gradually stamp the countenance and help it to win hearts

—*Sidney Lear*

* * *

ADROP of the oil of kindness for a complaining neighbour has the same effect that a drop of oil has on a squeaking, complaining wheelbarrow

* * *

ALITTLE thought will show you how vastly your own happiness depends on the way other people bear themselves toward you. Turn the idea around, and remember that just so much are you adding to the pleasure or misery of other people's days

—*George S Merriam*

* * *

DON'T let a kindly thought mark time—let it march forward to a kindly deed

* * *

GETTING money is not all a man's business to cultivate kindness is a great part of the business of life

—*Johnson*

Kindness

HAVE you had a kindness shown?
Pass it on!

It was not given to you alone!

Pass it on!

Let it travel down the years,

Let it wipe another's tears,

Till in Heaven the deed appears,

Pass it on!

—Henry Burton

* * *

HE who has conferred a kindness should be
silent, he who has received one should speak
of it

—Seneca

* * *

HE who is kind gives only in order that he may
rejoice in another's gain. Herein lies his
immediate reward, the satisfaction he sees
expressed by the recipient

* * *

I EXPECT to pass through this world but once.
Any good therefore that I can do, or any kindness
that I can show to any fellow creature, let me
do it now. Let me not defer or neglect it, for I
shall not pass this way again.

* * *

I WONDER why it is that we are not kinder
than we are? How easily it is done. How
instantly it acts. How infallibly it is remembered.
How superabundantly it pays itself back.

—Henry Drummond

* * *

JOIN the great company of those who make
the barren places of the earth fruitful with
kindness. Carry a vision of heaven in your
hearts and you shall make your home, your school,
your world correspond to that vision.

—Helen Keller

Kindness

KINDLINESS 'one to the other plays a great part in human relations. The kindly thought, the kindly action, how greatly they help in smoothing the asperities of life, in preventing enmities and bitter feelings.

* * *

KINDLY words, sympathizing attentions, watchfulness against wounding men's sensitiveness—these cost very little but they are priceless in their value. Are they not almost the staple of our daily happiness? From hour to hour, from moment to moment, we are supported best by small kindness. —*F. W. Robertson.*

* * *

KINDNESS has the effect of balm ; it soothes suffering, softens pride ; dissipates selfishness and exorcises bad temper. —*B. Hedley.*

* * *

KINDNESS is the language the deaf can hear and the dumb understand.

* * *

LET'S swear always to be kind to people who are down on their luck, and then when we are kind let's be a little kinder. —*Str J. M. Barrie.*

* * *

LITTLE drops of water make the mighty ocean, and so little acts of kindness and consideration help to make an ocean of good-will one to the other Life should be considered a mission, and in this mission kindness and consideration for others count a very great deal.

* * *

MAKE sure that kindness rings true, it is an easy coin to counterfeit.

* * *

REAL kindness means doing a lot of little things kindly and always : not just a big thing now and then.

Kindness

SO many gods, so many creeds,
So many paths that wind and wind ;
While just the act of being kind
Is all the sad world needs —*Ella Wheeler Wilcox*

* * *

STRENGTHEN others by a kindly look and a
word of encouragement , thus will increase the
flow of vital energy into your own bodies

* * *

THE pleasure you give by kindness of manner
returns to you, and often with compound
interest —*Sydney Smith*

* * *

THE secret of calm cheerfulness is kindness , no
person can be consistently cheerful and calm
who does not consistently think kind thoughts
—*Arnold Bennett*

* * *

THE little kind word, the friendly smile, the
cheerful manner, all cost nothing but bring
to others happiness which money cannot buy

* * *

THERE are two things of which we should
never be weary, kindness and humility , there
is too little of them in this rough world
—*Stevenson*

* * *

TO give pleasure to a single heart by a single
kind act is better than a thousand head-bowings
in prayer. —*Saadi*

* * *

UNLESS you are deliberately kind to everyone
you meet, you will be unintentionally cruel
every day of your life

Knowledge

TO be conscious that you are ignorant is a great step to knowledge —*Disraeli*

TRUE knowledge covers a very wide field. It means knowledge of yourself, which is not common, and true knowledge implies knowledge of your own ignorance. It enables you to know the true from the false

—*Rt Hon Stanley Baldwin*

YOU can safely walk upon thorns with your shoes on, shod with knowledge you can safely roam over the thorny world

Labour

IT is unquestionably true that the men of the highest genius have invariably been found to be amongst the most plodding, hard working, and intense men—their chief characteristic apparently consisting simply in their power of labouring more intensely and effectively than others.

—*Samuel Smiles.*

LOVE labour, for if thou dost not want it for food, thou mayst for physic. It is wholesome for thy body and good for thy mind

THE heights by great men reached and kept
Were not attained by sudden flight,
But they, while their companions slept,
Were toiling upward in the night —*Longfellow.*

THERE is no excellence without labour

THERE is a secret which can bring satisfaction even into dreary labour. It is to put forth a wholehearted effort which will bring its own happiness. Stone walls do not a prison make

Laughter

ALWAYS laugh when you can, it is a cheap medicine Merriment is a philosophy not well understood It is the sunny side of existence —Byron

* * *

ONE should take great care not to grow too wise for so great a pleasure as laughter —Addison

* * *

THE almost universal remedy for bad temper, misunderstandings, quarrels, grumblings, snappiness, ill feeling, ungraciousness is a laugh Try it and it is a thousand to one that the trouble will vanish

* * *

THEN let us laugh It is the cheapest luxury man enjoys, and, as Charles Lamb says, "is worth a hundred groans in any state of the market"

* * *

YOU can't down a man that laughs Its the greatest weapon against failure He always sees the funny side when there is no funny side —W S Percy

* * *

Law Suits

Avoid law suits beyond all things, they influence your conscience, impair your health, and dissipate your property —La Bruyere

* * *

Laziness

IF you sit still, it is not your profits that will come to you but your expenses —Rev Dinsdale T. Young

* * *

LAZINESS travels so slowly that poverty soon overtakes it.

Learning

HE who neglects learning in his youth, loses the past and is dead for the future. —*Euripides.*

* * *

WHEN we read and learn that which is constructive, *ennobling*, healing in thought, we are laying up for ourselves treasures that no thief can take from us

* * *

Lend

GIVE, and you may keep your friend if you lose your money : lend, and the chances are that you lose your friend if ever you get back your money. —*Bulwer-Lytton*

* * *

Leisure

LEISURE is time for doing something useful. —*Dr. N. Howe.*

* * *

Liberty

LIBERTY without obedience is confusion ; obedience without liberty is slavery —*Wm. Penn*

* * *

LIBERTY is the only thing you cannot have unless you are willing to give it to others.

* * *

LIBERTY is to the collective body what health is to every individual body. Without health no pleasure can be tasted by man ; without liberty, no happiness can be enjoyed by society. —*Bolingbroke*

Liberty

THE liberty of a private man, is being master of his own time and actions, as far as may consist with the laws of God and his country
—*Abraham Cowley*

* * *

THE love of liberty is the love of others, the love of power is the love of ourselves
—*Hazlitt*

* * *

THE only liberty that is valuable is a liberty connected with order, that not only exists with order and virtue, but which cannot exist at all without them.
—*Edmund Burke*

* * *

THE blessings of liberty do not include liberty to injure others, to entice the young into evil habits, and to make drunkards. These are baneful liberties that must be prohibited in order to secure the blessings of liberty and of progress.
—*Coleridge*

* * *

TRUE liberty consists in the privilege of enjoying our own rights, not in the destruction of the rights of others
—*Pinkard*

* * *

Lie

A LIE always needs a truth for a handle to it. The worst lies are those whose blade is false, but whose handle is true
—*Beecher*

* * *

A LIE which is half a Truth is ever the blackest of lies!

A lie which is all a lie may be met and fought with outright.

But a lie which is part a Truth is a harder matter to fight.
—*Terryson.*

Lie

HE who tells a lie is not sensible how great a task he undertakes, for he must be forced to invent twenty more to maintain that one

—*Pope*

LYING shows that one first despises God and then fears man

—*Plutarch*

THE essence of lying is in deception not in words, a lie may be told by silence by equivocation, by the accent on a syllable, by a glance of the eye attaching a peculiar significance to a sentence, and all these kinds of lies are worse and baser by many degrees than a lie plainly worded

—*John Ruskin*

Life

ANYONE can carry his burden, however heavy, till nightfall Anyone can do his work, however hard for one day Anyone can live sweetly, loving purely, till the sun goes down And this is all that life really means

AS a matter of fact, good, not ill, is the staple of which ordinary lives are made up

—*Basil King*

AS no true work since the world began was ever wasted, so no true life since the world began has ever failed

—*Emerson*

BE not afraid of life Believe that life is worth living, and your belief will help create the fact

—*William James*

BE inspired with the belief that life is a great and noble calling, not a mean and grovelling thing that we are to shuffle through as we can, but an elevated and lofty destiny

—*W E Gladstone*

Life

ETERNAL life belongs to him who will obediently relinquish his petty, narrowing sin loving strife producing personal self for only by so doing can he enter into the large, beautiful, free and glorious life of abounding Love Herein is the Path of Life , for the straight Gate is the Gate of Goodness

* * *

FOR he who has the clearest and intensest vision of what is at issue in the battle of life, and who quits himself in it most manfully, will be the first to acknowledge that for him there has been no approach to victory, except by the faithful doing day by day of the work which lay at his own threshold

—Tom Hughes

* * *

FOUR things, I think, make life worth while •
to love—to hope—to help—to smile

* * *

IF life is hard for you, try to make it easier for somebody else

—W S Percy

* * *

IF a man measures life by its accumulations, these usually fall short of expectations but if he measures life by the contributions which he has made to the sum of human happiness, his only disappointment is not finding time to do all that his heart prompts him to do

* * *

IF thou live according to nature, thou wilt never be poor , if according to the opinions of the world thou wilt never be rich

—Seneca

* * *

I WILL this day try to live a simple sincere and serene life

—John H Vincent

Life

LIFE has its disciplinary and its educative purposes. If we are not learning lessons from it, we are making poor use of our time indeed. And need we complain, so long as life is really teaching us truths that are of vital significance and meaning, that the process isn't always just as comfortable as we might like it to be?

* * *

LIFE is made up, not of great sacrifices or duties, but of little things, in which smiles and kindnesses and small obligations, given habitually, are what win and preserve the heart, and secure comfort.

—Sir Humphry Davy

* * *

LIFE is a mission, its end is not the search after happiness, but knowledge and the fulfilment of duty.

—Mazzini

* * *

LIFE is a divine gift in which everything and everybody has scope for free action. But the everlasting gain in it lies in what one gives, not in what one gets.

* * *

LIFE is mostly froth and bubble,
Two things stand like stone,
Kindness in another's trouble,
Courage in our own.

* * *

LIFE is a game that you can never really appreciate to its fullest extent until you learn to hold the happiness of others in as great—or even greater—esteem as you hold your own.

* * *

LIFE is not so complex if we do not persist in making it so. We need faith; we need to be brave, to keep the corners of the mouth turned up and not down. And after all it is only a step at a time.

—Ralph Waldo Trine

Life

LIFE is not a holiday It is an education
It is not a playground, it is a schoolroom.
And the one eternal lesson to be learnt is
how to do things better

* * *

LIFE is always opening new and unexpected
things to us There is no monotony in living
to him who walks even the quietest and tamest
path with open and perceptive eyes The monotony
of life, if life is monotonous to you, is in you, not in
the world —*Phillips Brooks*

* * *

LIFE is a series of lessons Some are diligent
in learning them, and they become pure, wise,
and altogether happy Others are negligent
and do not apply themselves, and they remain impure,
foolish and unhappy

* * *

LIFE is a system of relations rather than a
positive and independent existence, and he
who would be happy himself and make others
happy must carefully preserve these relations He
cannot stand apart in surly and haughty egotism,
let him learn that he is as much dependent on others
as others are on him —*G A Sala*

* * *

LITTLE self-denials little honesties, little pass-
ing words of sympathy little nameless acts of
kindness, little silent victories over favourite
temptations—these are the silent threads of gold
which, when woven together, gleam out so brightly
in the pattern of life that God approves

—*F W Farrar*

Life

LIVING is the only life It is not enough to fill your lungs with air, you must fill your lungs with life The heart must not only beat, it must beat the dance of life It is not important to live so many years, it is important to live so much life
—*Horace Traubel*

* * *

ONE of the secrets of life is to find the good in it It is full of good if we look for it The office, the shop, the house, have they nothing good in them? All work has its attraction, look for it and you will find it Look for good in your friends and you will not be disappointed

* * *

ONE of the greatest lessons of life is to learn not to do what one likes, but to like what one does
—*H Black*

* * *

PPRIVATE lives are more important than public reputations
—*G K Chesterton*

* * *

REMEMBER now and always that life is no idle dream, but a solemn reality based upon eternity, and encompassed by eternity Find out your task, stand to it, "the night cometh when no man can work"
—*Carlyle*

* * *

SELF REVERENCE, self-knowledge, self-control, these three alone lead life to sovereign power
—*Tennyson*

* * *

THE art of living consists largely in knowing how to brush away the little things that are likely to irritate

* * *

THE art of life consists in taking each event which befalls us with a contented mind, confident of good
—*J F Clarke*

Life

THE man who lives in a dark and dismal cave has no right to complain that the sun is not shining The sun shines only for those who step out into the sunlight Life is full of good if we look for it

* * *

THE life of every man is a diary in which he means to write one story and writes another, and his humblest hour is when he compares the volume as it is with what he vowed to make it

—*Sir J M Barrie*

* * *

THE secret of life is to stand by your friends stand up to your enemies tell the truth, and damn the consequences That in the long run, is the only policy that succeeds

—*Vanoc*

* * *

THERE are three ingredients in a good life—learning, earning, and yearning

—*Christopher Morley*

* * *

THEY say that life is not all a bed of roses Why fret? He who seeks can always find blossoms scattered among the thorns

* * *

THERE is no wealth but Life—Life, including all its powers of love, of joy, and of admiration That country is the richest which nourishes the greatest number of noble and happy human beings

* * *

TOO many people hold a mendicant attitude towards life They travel with an outstretched hand not to serve but to receive They seek favours, they beg from anybody There is nothing more stunting or deforming to the soul

Life

TRY to live a simple, sincere and serene life, repelling promptly every thought of discontent, anxiety, discouragement, impurity and self-seeking, cultivating cheerfulness, magnanimity, charity and the habit of holy silence, exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust and childlike trust in God

* * *

WE lead but one life here on earth, we must make that beautiful. And to do this, health and elasticity of mind are needful; and whatever endangers or impedes these must be avoided

* * *

WE live by days. They are the leaves folded back each night in the great volume that we write. They are our autobiography. Each day takes us not newly, but as a tale continued. It finds us what yesterday left us, and as we go on, every day is telling to every other day truths about us, showing the kind of being that is to be handed on to it, making of us something better or something worse, as we decide. —*F. J. W. Ware*

* * *

WHEN we go to sleep, let us calmly say, "I have lived, and have finished the course allotted me by fate." If Heaven adds another day to our life, let us receive it with joy. He alone is truly happy and calmly possesses himself who expects the morrow without anxiety. Whoever can say when he goes to sleep, "I have lived," enjoys the following day as so much pure again. —*Seneca.*

* * *

WHEN divine good is practised, life is bliss. Bliss is the normal condition of the good man

* * *

YOUR life is a school, exactly adapted to your lesson.

Limitation

BELIEF in limitations is the one and only thing that causes limitation and in proportion
“as we lay that belief aside our boundaries will expand, and increasing life and more abundant blessing will be ours —*Judge Troward*

* * *

HE lives long that lives well, and time misspent
is not lived, but lost —*Fuller.*

* * *

Little Things

DO not slight the little things that crowd
around life, many are deceived and led
astray by neglecting little things —*Wilton*

* * *

HOW often do we sigh for opportunities of
doing good whilst we neglect the openings
of Providence in little things, which would
frequently lead to the accomplishment of most important usefulness! He who waits to do a great deal
of good at once, will never do any! Good is done
by degrees

* * *

LITTLE things come daily within our reach
and they are not less calculated to set forward
our growth in holiness than are the greater
which come but rarely —*Jean K Grew.*

* * *

LITTLE failures and little successes, little faults
and little virtues, a few kind words here, a few
sharp words there, helping or hindering more
than we know—life is made up of these small things
We can live only day by day The truly great events
are few and the trifles many, and it is out of the
seemingly unimportant that we must build our
character, our human existence, and our eternal
reward

Little Things

THERE is nothing, Sir, too little for so little a creature as man. It is by studying little things that we attain the great art of having as little misery and as much happiness as possible.

—Dr Johnson

Loneliness

NONE one needs be lonely in life if he tries hard enough to get out of self and to get into the lives of those around him. If you are lonely, comfort the lonely, and you will forget your loneliness in love. That will hallow the day and fill it with its own sacred joy.

Looking Up

THE Creator has bidden every man to look up, not down, to climb, not to grovel. No man can be successful who is always talking about depression.

Love

ALL love is sweet,
Given or returned. Common as light is love,
And its familiar voice wearies not ever.

—Shelley

BETTER do without food than without love, for it being affection, sympathy, good feeling, unselfishness, is the atmosphere of life.

BEHOLD how good it is for men
To dwell in love and peace !
Who loves another as himself

Has found his own release —Lina Plumer Cllngen

Love

DO not let us wait to be just or pitiful
towards those we love until they or we are
struck down by illness or threatened with
death . . be swift to love —*Oliver Lodge.*

DUTY makes us do things well ; love makes
us do them beautifully. —*Phillips Brooks*

HAVE love ; not love alone for one,
But man as man thy brother call,
And scatter like the circling sun
Thy charities on all —*Schiller.*

HUMAN things must be known to be loved ,
but divine things must be loved to be known
—*Pascal*

IF you have a tender message or a loving word
to say, do not wait till you forget it, but whisper
it to-day.

IN thinking lovingly about others we think help-
fully about ourselves —*George MacDonald*

LET us no more contend, nor blame
Each other—but strive
In offices of love, how we may lighten
Each other's burden in our share of woe
—*Milton.*

LOVED wilt thou be ? Then love must first
by thee be given ;
No purchase-money else avails beneath the heavens
—*R C. Trench.*

Love

LOVE beareth all things, believeth all things,
hopeth all things, endureth all things.
Love never faileth.

—1 Corinthians xiii, 7, 8.

* * *

LOVE often knows no measure, but warmly
glows above all measure. Love feels no
burden, regards not labours, would willingly
do more than it is able, pleads not impossibility,
because it feels sure that it can and may do all things.

—Thomas A. Kempis.

* * *

LOVE inspires, illumines, designates, and leads
the way. Right motives give pinions to
thought and strength and freedom to speech
and action.

—Mary Baker Eddy.

* * *

LOVE is not getting, but giving; not a wild
dream of pleasure, and a madness of desire,
love is not that—it is goodness, and honour,
and peace, and pure living—yes, love is that; and it
is the best thing in the world, and the thing that
lives longest.

—Henry Van Dyke.

* * *

LOVE lights more fires than hate extinguishes.

—E. L. Wilson.

* * *

LOVE to God is never idle; where it exists it
does great things; if it produces no results,
then there is no love. —St. Gregory the Great.

* * *

LOVE is the master-key that opens every ward
of the heart of man.

—J. H. Evans.

Love

LOVE inspires love, hatred breeds hatred
Love and good will stimulate and build up
the body, hatred and malice corrode and
tear it down Love is a savour of life unto life,
hatred is a savour of death unto death

* * *

O H, be not buried in the grave
Of hatred and despair
Arise, and find in living Love
The answer to all prayer —*Lina Plumer Clingen*

* * *

O F little value are silver and gold in comparison
to love, that gift in everyone's power to bestow
—*Mrs Gaskell*

* * *

O SENTINEL at the loose swung door of my
impetuous lips, guard close to day!
Make sure no word unjust or cruel slips
In anger forth, by folly spurred or armed with envy's
whips
Keep clear the way to day, Life is judged by love
and love is known by its fruits
—*Benjamin A Williams*

* * *

“SEEKEST thou great things for thyself,”
said the prophet, “seek them not” Why?
because there is no greatness in things The
only greatness lies in unselfed love

* * *

THE love of a mother is never exhausted, it
never changes, it never tires A father may
turn his back on his child, brothers and sisters
may become inveterate enemies husbands may
desert their wives, wives their husbands But a
mother's love endures through all, in good repute, in
bad repute, in the face of the world's condemnation
a mother still loves on, and still hopes that her child
may turn from his evil ways and repent

—*Washington Irving*

Love

THE rich in spirit help the poor
They bless with living gold
And wealth of tenderness
Though we be poor in earthly treasure, yet
If on the path of Love our feet are set,
And if the tired hearts we meet are blest
Because the love we feel brings peace and rest,
Then do we share "in one grand brotherhood—
Our common wealth, God's universal good"

—*L^d M Erskine*

* * *

THOSE who love always have no leisure to pity
themselves or to be unhappy —*Joubert.*

* * *

TO embrace the whole creation with love
sounds beautiful, but we must begin with the
individual, the nearest. —*Herder.*

* * *

TO love through instinct is to love as an animal :
to love according to inclination is to love as a
man ; to love against inclination is to love
as a saint , for only God, says St. Thomas, can
enable us to love one who does not please us ; still
more one who displeases us, who grieves and offends
us.

* * *

TO love means more than to have pity, to make
inner sacrifices, to be anxious to help and give
happiness , it is a thing that lies a thousand
fathoms deeper, where our softest, swiftest, strongest
words cannot reach it —*Maeterlinck.*

* * *

TRUE love is eternal, infinite, and always like
itself. It is equal and pure, without violent
demonstrations
and is always young

Love

TRUE love . . . is a love that gives and takes,
that seeth faults,
Not with flaw-seeking eyes like needle points,
But loving kindly ever looks them down
With the o'ercoming faith that still forgives
—Lowell

* * *

“WHAT is love? I think the genuine article
is wise, unselfish interest in other people's
welfare, interest in other lives than my own,
it is to be happy in their happiness. If I have but
little happiness of my own, this is one way to borrow
some—by being glad in the gladness of others”
—C Ames

* * *

Luck

I NEVER had any faith in luck at all, except
that I believe good luck will carry a man over
a ditch if he jumps well, and will put a piece
of bacon into his pot if he looks after his garden and
keeps a pig. Luck generally comes to those who look
after it, and my notion is it taps once in a lifetime at
everybody's door, but if industry does not open it,
away it goes
—C H Spurgeon

* * *

IN the school of life many branches of knowledge
are taught. But the only philosophy that
amounts to anything, after all, is just the secret
of making friends with luck
—Henry van Dyke.

* * *

SHALLOW men believe in luck, strong men
in cause and effect

* * *

TO talk of luck and chance only shows how
little we really know of the laws which govern
cause and effect
—Hosea Ballou

Luck

WHAT we call Luck,
Is simply Pluck,
And doing things over and over,
Courage and will,
Perseverance and skill—
Are the four leaves of Luck's clover

* * *

Lust

NATURE is content with little, grace with less,
but lust with nothing —*Mathew Henry*

* * *

THE lust of dominion innovates so imperceptibly that we become complete despots before our wanton abuse of power is perceived, the tyranny first exercised in the nursery is exhibited in various shapes and degrees in every stage of our existence —*Zimmerman*

* * *

Magnanimity

OF all virtues, magnanimity is the rarest. There are a hundred persons of merit for one who willingly acknowledges it in another —*Hazlitt.*

* * *

Man

FANATICISM, blindness and stubbornness have always been man's worst enemies. When replaced by sanity, reason and commonsense the result is a changed man

* * *

MAN is no weak worm of the dust but the highest expression of God in this material world. His latent powers are but dimly realised and the Godpower at his disposal but little developed

Man

THE quality of man is not to be judged by his riches Possession so often engenders greed and selfishness and is the enemy of virtue Man is to be judged by what he does for others, not for himself

* * *

THE average fellow citizen is a sane and healthy man, who believes in decency and has a wholesome mind

—Theodore Roosevelt

* * *

Manhood

HE is well on the road to perfect manhood who does not allow the thousand little worries of life to embitter his temper or disturb his equanimity

—Selected

* * *

IF God is love
Why should we suffer pain?
The doubter asks, *
As though the throes were vain
Pain comes maybe
That mortals may possess
Courage—a thing
Higher than happiness
Comfort and ease
Are good for horse and sheep,
Through fortitude
Men into manhood leap

* * *

Manliness

MANLINESS is not merely courage, it is the quality of soul which frankly accepts all conditions, in human life, and makes it a point of honour not to be dismayed or wearied by them

—Dean Church

Manners

GOOD manners, as we call them, are neither more nor less than good behaviour consisting of courtesy and kindness —*Samuel Smiles*

* * *

MANNERS are an art. Some are perfect, some commendable, some faulty, but there are none that are of no moment —*Joubert*

* * *

Maxims

WE all of us have our little hoard of maxims wherewith to preach down our hearts and justify anything shabby we have done—but the less we import this cheap wisdom into life the better —*Augustine Birrell*

* * *

Mediocrity

MINDS of moderate calibre ordinarily condemn everything which is beyond their range —*La Rochefoucauld*

* * *

Meditation

IT is not the number of books you read, nor the variety of sermons which you hear, nor the amount of religious conversation in which you mix, but it is the frequency and the earnestness with which you meditate on these things, till the truth which may be in them becomes your own, and part of your own being that ensures your spiritual growth —*F. H. Robertson*

* * *

Melancholy

NEVER suffer yourself to be subdued by melancholy, it is amongst the things that will most injure you. It is impossible to persevere in the path of holiness if we give not ourselves to it with joy —*Madame de Guyon*

Melancholy

MELANCHOLY sees the worst of things,—
things as they may be, and not as they are.
It looks upon a beautiful face, and sees but
a grinning skull —Bovee

* * *

Memory

A "GOOD memory" . . . is not merely a
memory that seldom forgets. It is one that
conserves what is valuable and throws away
what is worthless. It is one that obeys the will. It
is one that does its full share of the work of promoting
the welfare of a man as a whole —Herbert Casson

* * *

Mercy

HE that showeth mercy when it may be best
spared, will receive mercy when it shall be
most needed

* * *

LET us act toward our fellow creatures as
God does to us

* * *

TEACH me to feel another's woe,
To hide the fault I see ;
That mercy I to others show,
That mercy show to me —Pope.

* * *

WE should endeavour to be merciful in our
judgments of others. Remembering our own
frailty and inability to live up to high stand-
ards, we should be slow in our criticisms of others and
generous towards those who go wrong

* * *

Merit

HONOUR to faithful merit is delayed, and
always has been but it is sure to follow.

—Mary Baker Eddy.

Merit

TRUE merit, like a river, the deeper it is, the
less noise it makes —*Lord Halifax.*

* * *

Method

OF method this may be said,—if we make it our
slave, it is well, but it is bad if we are slaves to
method —*C. C. Colton*

* * *

Mind

A SOUND body of itself is an unworthy objective
The wise person strives to attain a sound mind
in a sound body, mind leads, body follows

* * *

ALL things originate in mind We can never
attain plenty, happiness and health if our
thinking is wrong Right thoughts on happi-
ness will bring about happy conditions Optimism
is a state of mind If the mind is right, everything
in life is right

* * *

ALL the woes of the world have been blamed
on to the evils of the human mind and rightly
so.

* * *

IT is the mind that makes us rich and happy,
in what condition so ever we are, and money
signifies no more to it than it does to the Gods
—*Seneca*

* * *

OF all earthly consolations this is the greatest
that the mind is its own place The mind is
an impregnable fortress which can be held
against all comers, the mind is a sanctuary, open day
or night to the pursued —*Meade*

✦
Mind

PRIMARILY it is your mental attitude which makes the day happy and productive or the contrary. You can demonstrate the truth of this today by resolving to look only for the best, to be intelligently optimistic, and to have confidence in the eternal supremacy of good.

* * *

THE spirit in which you regard your fellow men and the world about you will be reflected back to you. When you are in the right mental attitude, many things will seem to conspire and co-operate to advance your work and interests.

* * *

THE blessings of fortune are the lowest, the next are the bodily advantages of strength and health, but the superlative blessings, in fine, are those of the mind. —*L'Estrange*

* * *

WEAK minds make treaties with the passions they cannot overcome, and try to purchase happiness at the expense of principle, but the resolute will of a strong man scorns such means, and struggles nobly with his foe to achieve great deeds. —*Longfellow*

* * *

WERE I so tall to reach the pole,
Or grasp the ocean with my span,
I must be measured by my soul,
The mind's the standard of the man. —*Issac Watts*

* * *

YOUR mental attitude is a great determining influence in your daily life. Begin the day with an expectant and energetic mental attitude toward your work, plans and purposes, and it will elevate and enhance all your activities.

Mirth

BLESSED be mirthfulness ! It is one of the renovators of the world Men will let you abuse them if only you will make them laugh.
—Beecher.

* * *

MIRTH is God's medicine Everybody ought to bathe in it Grim care, moroseness, anxiety—all this rust of life—ought to be scoured off by the oil of mirth. —H. W. Beecher.

* * *

Miscellaneous

IN all things throughout the world, the men who look for the crooked will see the crooked, and the men who look for the straight will see the straight.
—Ruskin

* * *

THAT which is not in the interest of the whole hive, cannot be so for the single bee.

* * *

THERE is no calm like that when storm is done ;
There is no pleasure keen as pain's release ;
There is no joy that lies so deep as peace ;
No peace so deep as that by struggle won.

* * *

WE can usually rely on seeing the worst of other people if we show them the worst of ourselves.

* * *

Mischief

WITH every exertion, the best of men can do but a moderate amount of good ; but it seems in the power of the most contemptible individual to do incalculable mischief.

—Washington Irving.

Misery

IF you wish to be miserable, think about yourself, about what you want, what you like, what respect people ought to pay to you. In this way you can spoil everything, make misery out of everything, and be as wretched as you choose.

—Charles Kingsley.

* * *

Misfortune

LET us be of good cheer, remembering that the misfortunes hardest to bear are those that never come.

—James Russell Lowell

* * *

THERE is, properly speaking, no misfortune in the world. Happiness and misfortune stand in a continual balance. Every misfortune is, as it were, the obstruction of a stream, which after overcoming this obstacle, but bursts through with greater force.

—Novalis.

* * *

Mistakes

A MAN who does not know how to learn from his mistakes turns the best schoolmaster out of his life.

—Henry Ward Beecher

* * *

IN every mistake you make, in every fall you encounter, there is a lesson of vital import if you will but search it out, and he who will stoop to discover the good in that which appears to be disastrous will rise superior to every event, and will utilise his failures as winged steeds to bear him to a final and supreme success.

* * *

MAKING mistakes is not by any means one of the worst things you can do. The greatest mistake you can make is to attempt NOTHING.

Mistakes

THE only people, scientific or other, who never make mistakes are those who do nothing

—Thomas Huxley

* * *

WHEN you make a mistake, don't look back at it long. Take the reason of the thing into your mind, and then look forward. Mistakes are lessons of wisdom. The past cannot be changed. The future is yet in your power.

—Hugh White

* * *

Modesty

WE are as much inclined to underrate our possibilities as to overrate our achievements

—Dean Inge

* * *

Money

HE who is of the opinion that money will do everything, may well be suspected of doing everything for money

* * *

IF thou art the master of thy gold, thou doest with it what is good, if the slave of it it doeth with thee what is evil

—Augustine

* * *

IF money be not thy servant it will become thy master. The covetous man cannot so properly be said to possess wealth as that it may be said to possess him

* * *

IF you make Money your God, it will plague you like the devil

* * *

IN times of trouble, money is without value, and even the use of it may be as nothing, but the opportunity to serve a friend is priceless.

f

—Robert Cashman.

Money

LET not money be the sole object of your work. If the good quality of your work is your first consideration, good wages will surely come. A master respects a good workman.

* * *

MONEY can buy the husk of many things, but not the kernel. It brings you food, but not appetite, medicine, but not health, acquaintances, but not friends, servants, but not faithfulness, days of joy, but not peace or happiness. —*Ibsen.*

* * *

MONEY is a temporary supply to meet a temporary need. Don't suffer your goods to be your God. —*Rev Charles Spurgeon*

* * *

NO man can serve two masters: for either he will hate the one and love the other, or else he will hold to one and despise the other. Ye cannot serve God and mammon. —*Matt.*

* * *

PUT not your trust in money, but put your money in trust. —*Holmes.*

* * *

TO lose money ill is indeed in the nature of a crime, but to get it ill is a worse one and to spend it ill is worst of all. —*J Ruskin*

* * *

THE darkest hour in any man's life is when he sits down to plan how to get money without earning it.

* * *

Monotony

WE can fight monotony with variety, and one way to do this is by making a wise use of leisure. If we wish to avoid the feeling that we are merely machines, we must become interested in many things.

Motive

GO through life without ever ascribing to your opponents motives meaner than your own

—Sir James Barrie

* * *

Movement

THE great thing in this world is, not so much where we stand, as in what direction we are moving To reach the port of Heaven we must sail sometimes with the wind and sometimes against it, but we must sail, and not drift, or lie at anchor

—Oliver Wendell Holmes.

* * *

Music

MUSIC, used moderately, like sleep, is the body's best recreation

* * *

Nation

THE greatness of a nation depends not upon population, nor acreage, nor wealth, nor strength of battleships, but upon its moral elevation, the purity of its ideals, the intensity of its devotion to justice and liberty

* * *

Neglect

THE man who feels that life is not worth while has usually neglected all the things in life that are worth while

* * *

WHOSO neglects a thing which he suspects he ought to do because it seems to him too small is deceiving himself, it is not too little but too great for him, that he doeth it not —E B Pusey

New Year

THE New Year should find us determined to be gentler and more patient with the frailties of our fellow men. If every man and woman made such a resolution, the world would be a much better place for everybody.

* * *

Nobility

A NOBLE man compares and estimates himself by an idea which is higher than himself, and a mean man by one which is lower than himself. —*Beecher.*

* * *

IT is not wealth nor ancestry, but honourable conduct and a noble disposition that makes men great. —*Ovid.*

* * *

THE true standard of quality is in the mind ; those who think nobly are noble. —*Blackie.*

* * *

WHAT is noble ? it's the finer
Portion of the mind and heart
Linked to something still diviner
Than mere language can impart. —*Charles Swatne.*

* * *

Non-violence

BE of the same mind one toward another, mind not high things, but condescend to men of low estate (humble mind). Be not wise in your own conceits. Recompense to no man evil for evil. —*St. Paul.*

* * *

THE last, best fruit that comes late to perfection, even in the kindest soul, is tenderness toward the hard, forbearance toward the unforbearing, warmth of heart toward the cold, and philanthropy toward the misanthropic. —*Richter.*

* * *

Now

NOW is the constant syllable ticking from the clock of time. "Now" is the watchword of the wise "Now" is the banner of the prudent Let us keep this little word always in mind

* * *

THE past and the future are dreams , now is a reality All things are now , all power, all possibility, all action is now Not to act and accomplish now is not to act and accomplish at all To live in thoughts of what you might have done, or in dreams of what you mean to do, this is folly , but to put away regret, to anchor anticipation, and to do and to work now, this is wisdom

* * *

Obedience

HATH the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of the Lord? Behold, to obey is better than sacrifice —*I Sam 15 22*

* * *

NO man doth safely rule, but he that is glad to be ruled No man doth safely rule, but he that hath learned gladly to obey

—*Thos A Kempis*

* * *

THE man who commands efficiently must have obeyed others in the past, and the man who obeys dutifully is worthy of being some day a commander —*Cicero*

* * *

Obstacle

THE block of granite which was an obstacle in the pathway of the weak, becomes a stepping stone in the pathway of the strong

—*Thomas Carlyle*

,

Obstacle

“WHAT helped you over the great obstacle of life?” was asked of a successful man. “The other obstacles,” he replied.

* * *

Obstinacy

BE not under the dominion of thine own will ; it is the vice of the ignorant who vainly presume on their own understanding —*Cervantes*.

* * *

THE obstinate man doth not hold opinions, but they hold him ; for when he is once possessed of an error, 'tis like the devil, not to be cast out but with great difficulty. Whatsoever he lays hold on, like a drowning man, he never loses, though it does but help him to sink the sooner. His ignorance is impregnable both by act and nature, and will hold out to the last, though it has nothing but rubbish to defend.

—*Samuel Butler*.

* * *

WE ought to keep not to all our determinations, but to those which are right. —*Epictetus*

* * *

Occupation

OCCUPATION is the necessary basis of all enjoyment. —*Leigh Hunt*.

* * *

THE want of occupation is no less the plague of society than of solitude. —*Rousseau*.

., * * *

Offence

WHEN anyone has offended me, I try to raise my soul so high that the offence cannot reach it. —*Descartes*.

Opinions

IS it not safe to assume that in a considerable number of cases opinions from which we differ require interpretation rather than refutation?

—*B Bosanquet.*

* * *

Opportunity

A MAN may be down but he's never out A prison door can be a gate to opportunity if a man makes it so —*Joseph Russell*

* * *

A SUCCESSFUL life does not wait for opportunity to overtake it—it finds opportunity every day

* * *

A N evil speaker differs from an evil doer only in the want of opportunity. —*Quintilian*

* * *

EVERY day is a day of opportunity but it is in living not to himself alone that highest opportunity for each man truly lies

* * *

EVERYWHERE, could we but see it, is set up a ladder by which we may reach the skies

—*Joseph Parker.*

* * *

EVERY position, great or small, may be made almost as great or little as we desire to make it, according as we make the most of it or the least of it To do the necessary duties of any station, that is easy enough, but to gather up all its outlying opportunities—'to fill,' as we say, "our place in life," instead of leaving it half empty, to be entirely in our work for the time being, that is what makes all the difference —*Dean Stanley*

Opportunity

MAN often complains of lack of opportunity. Opportunity to do good is ever present and if grasped brings to man great returns. Unselfed good given out cannot fail to bring recompense for such giving is based on God's immutable law.

* * *

NO human being...is so placed as not to have within his reach in himself and others objects adequate to infinite endeavour.

—Arthur Balfour.

* * *

NO man can tell what the future may bring forth, and small opportunities are often the beginning of great enterprises.

—Demosthenes.

* * *

OPPORTUNITY is ever present for those awake enough to see it.

—C. S. Monitor.

* * *

OPPORTUNITY is where God is ; thus never past, never separate from Him, and never out of our grasp. Always present, consistently renewed, and ever available, the opportunity to be well and happy simply awaits our recognition and utilization.

—Anna E. Herzog.

* * *

OPPORTUNITIES correspond with almost mathematical accuracy to the ability to use them.

—Lillian Whiting.

* * *

OPPORTUNITIES for doing good in life abound as the sand on the sea-shore. Don't let us humbug ourselves by pretending that we never had a chance.

* * *

SEIZE the first possible opportunity to act on every good resolution you make.

—William James.

Opportunity

THERE is no man whom fortune does not visit
once in his life, but when she does not find
him ready to receive her, she walks in at the
door and flies out at the window

—Cardinal Imperiali

* * *

TO improve the golden moment of opportunity,
and to catch the good that is within our reach,
is the great art of life

—Johnson

* * *

Opposition

ACERTAIN amount of opposition is a great
help to a man, kites rise against and not with
the wind

* * *

HATRED and love, strife and peace, cannot
dwell together in the same heart. Where one
is admitted as a welcome guest, the other will
be turned away as an unwelcome stranger. He who
despises another will be despised by others, he who
opposes his fellowmen will himself be resisted

* * *

Oppression

HE that oppresseth the poor to increase his
gain, and he that giveth to the rich, cometh
only to want

* * *

Optimism

AS a rule the hill is not so steep once we begin
climbing

The accident is not as terrible as we feared

The difficulty is not as great as we expected

The news is not as bad as we felt sure it must be

The remark was not intended to hurt as much as
we supposed

Things fall out better than we hope

Optimism

AN optimist sees an opportunity in every difficulty ; a pessimist sees a difficulty in every opportunity.

* * *

BELIEVE in the better side of men. It is optimism that really saves people —*Ian Maclaren*

* * *

GET into the habit of looking for the silver lining of the cloud, and when you have found it, continue to look at it rather than at the leaden gray in the middle. It will help you over many hated places

* * *

GLOOMY foreboding never solved a problem and never released influences that make for your largest prosperity and advantage. Think optimistically, for there never was a difficulty for which a remedy could not be found

* * *

OPTIMISM is the great producer. It is hope, life. It contains everything which enters into the mental attitude which produces and enjoys

* * *

OPTIMISM spells happiness. The optimist is the man who thinks the best of people, makes the best of people and circumstances and hopes the best. He it is who gets the best out of life

* * *

THE optimist fell ten stories,
And at each window bar
He shouted to his friends,
"All right so far" —*R. W. Trine.*

Optimism

THE inner side of every cloud
Is bright and shining ,
Therefore turn your clouds about,
And always wear them inside out,
To show the lining —E T Fowler

* * *

THERE is a bright side to every situation,
every depression No problem is half so
difficult as it appears to the pessimistic mind
Put on your rose coloured glasses, adopt a hopeful,
confident state of mind and the trouble is half over
come before you start on it

* * *

THERE is a day of sunny rest
For every dark and troubled night
And grief may bide an evening guest,
But joy shall come with early light
—William Cullen Bryant

* * *

THERE was never a cloud so heavy and black,
That it had not a silver lining ,
There was never a night so dreary and dark,
That the stars were not somewhere shining

* * *

TWIXT optimist and pessimist the difference is
droll,
The optimist sees the doughnut, the pessimist
the hole

* * *

WE cannot always choose our road in life,
but we can choose whether we walk along
the shady or the sunny side of it

—G A Steel

Pain

PAIN is the great teacher of mankind.
Beneath its breath souls develop.

Marie Ebner-Eschenbach.

* * *

PAIN, grief, sorrow, and misery are the fruits of
which passion is the flower.

* * *

Passion

MAN'S enslavement to the most relentless
masters—passion, selfishness, envy, hatred,
and revenge—is conquered only by a mighty
struggle. Every hour of the delay makes the struggle
more severe. If man is not victorious over the
passions, they crush out happiness, health and
manhood

—Mary Baker Eddy.

* * *

OUR passions are like convulsion fits, which,
though they make us stronger for a time,
leave us the weaker ever after.

—Pope

* * *

THE worst of slaves are those that are con-
stantly serving their passions

—Diogenes

* * *

WHEN divine compassion is perceived in its
fullness and beauty, indignation and all forms
of passion cease to exercise any influence over us

* * *

Past

CLINGING to the past means loss of future.
Only take out of the past that which enables
you to do better today.

* * *

START where you stand, and never mind the
past

Past, Present, Future

ALL the past is shut up within us, and is a sort of perpetual present. All the future is before us, and though duty is a present thing, it is constructed out of the past, and runs endlessly into the future. We thus have the past with its memories, the present with its duties, and the future with its anticipations—one for wisdom, one for action, and one for hope.
—Theodore Munger

* * *

AND so making life as honest as possible, and calmly doing our duty in the present, as the hour and the act requires, and not too curiously considering the future beyond us, standing ever erect, and believing that the gods are just, we may make our passage through this life no dishonour to the Power that placed us here.
—Marcus Aurelius.

* * *

LOOK not mournfully into the past; it comes not back again. Wisely improve the present, it is thine. Go forth to meet the shadowy future without fear and with a manly heart.

* * *

THE Past cannot be changed.
The Future is yet in our power.

* * *

Patience

HAVE patience—and tact—and a winning way with you, and nine times out of ten you will find that unlovely and unpleasant people are better for knowing. The best is below the surface.

* * *

NO one can be loyal to Truth, to himself or to his God or worthy of the kingdom of heaven who has not faith, pluck, and patience enough to endure without fainting, apparent defeat and delayed reward.
—Mary Baker Eddy

Patience

ONE source of strength is to learn to wait as well as to labour. The impatient individual who insists upon having heaven come to earth all at once will see but little result of his fiery attempts. But the man who is patient as well as hard-working will get results which would have been impossible if he had been less patient.

* * *

PATIENCE is the support of weakness ;
impatience is the ruin of strength. —Colton.

* * *

PATIENCE and Diligence like Faith, remove mountains. Never give out while there is Hope ; but hope not beyond reason, for that shows more Desire than Judgment. —William Penn.

* * *

THE conscientious are successful. They follow faithfully ; through evil or through good report, they work on to the achievement of good ; by patience they inherit the promise. Be active, and, however slow, thy success is sure.

—Mary Baker Eddy.

* * *

THE greatest and sublimest power is often simple patience.

* * *

THERE is no great achievement that is not the result of patient working and waiting.

—T. G. Holland.

* * *

WAITING may seem a passive policy, but sometimes it needs as much strength as doing.

—Robert Power.

Patience

WHOSOEVER hath not patience, neither doth
he possess philosophy

* * *

Peace

AS in business concentration of thought is
essential to success, so in life concentration on
good thought, right, unselfish desires bring
happiness and peace of mind.

* * *

CAN national or individual peace come from
arguing or fighting? Can a man seize his
neighbour's throat and keep him quiet?
Peace can only come from our having confidence and
trust in each other; from good-will and tolerance
between nations

* * *

GREATER love is the need of mankind. It
means forgiving our neighbour, a greater
expression of affection, and the elimination of
self desires. This only can bring peace of mind

* * *

HE cannot be afflicted by weariness and unrest
whose heart is at peace with all

* * *

IT is only when men rise above domination by the
profit motive, and learn to subordinate profit
to services, that the social, economic and
political orders begin to come in sight of a firm
foundation and a continuing existence with peace
and happiness assured to the great mass of mankind

—*Nicholas Murray Butler*

* * *

IT is not piled up quantities of armaments that
will preserve the world's peace, but rather the
world's growing good fellowship, sympathy and
toleration

Peace

LET us work for peace, national, domestic, individual, by trying to understand another's view as well as our own, and to discourage the causes of irritation

* * *

NOTHING can bring you peace but yourself
Nothing can bring you peace but the triumph
of principles —Emerson

* * *

PEACE is not in the heart of the carnal man,
nor in the man who is devoted to outward
things, but in the fervent spiritual man

—Thomas A Kempis

* * *

PEACE is a word which may become a thought ,
If all men think it, then it will be power
Almighty in resource with wisdom fraught
To herald the inevitable hour,
When men think war no more and deserts bloom,
And every heart for brotherhood has room

* * *

SUCCESS in life comes only from much labour.
Peace of mind can come only from an
abundance of good, unselfish thought and
understanding

* * *

THERE is the peace which is merely an interval
between battle

There is the active, vigorous peace which is
built on right understanding between nations, mutual
good-will, & striving after a common welfare and a
higher good

There is the peace which has never known war—
the peace of quiet meadows in the evening sunshine

There is the peace which is tranquillity of spirit,
the peacefulness in the heart of the man who has no
quarrel with his fellows , a deep peace, this

There is that greatest peace of all—the peace of
God which passeth all understanding

Peace

WE lose the peace of years when we hunt
after the rapture of moments

—Bulwer-Lytton.

* * *

Penalty

THE penalty for being insincere is that one
is never trusted

* * *

Perseverance

BE not uneasy, discouraged, or out of humour,
because practice falls short of precept. If
you happen to be beaten, return to the charge.

—Marcus Aurelius

* * *

FIGHT when you are down; die hard—determine
at least to do—and you won't die at all.

—James H West.

* * *

GOD is with those who persevere.

—The Koran.

* * *

I MUST give way to every good feeling and over-
come every bad one If I had but perseverance,
I could do all that I wish, I will try

* * *

IF you strike a thorn or rose,
Keep a-goin'

If it hails or if it snows,

Keep a-goin'.

'Tain't no use to sit and whine

When the fish ain't on your line;

Bait your hook and keep on tryin'—

Keep a goin'

—Frank D Stanton.

Perseverance

IF the day looks kinder gloomy, an' yer chances
kinder slim,
If the situation's puzzlin', an' the prospect's awful
grim ,
An' perplexities keep pressin' till all hope is nearly
gone ,
Just bristle up an' grit yer teeth and keep on keepin' on.
—*W G. Fern.*

* * *

PERSEVERANCE, working in the right direction,
grows with time and when steadily practused,
even by the most humble, will rarely fail
of its reward.
—*Samuel Smiles.*

, * *

THE tendency to persevere, to persist in spite
of hindrances, discouragements, and impos-
sibilities , it is this that in all things distin-
guishes the strong soul from the weak —*Carlyle.*

* * *

WHEN you get into a tight place, and everything
goes against you, till it seems as if you could
not go on a minute longer, never give up
then for that's just the place and time that the tide
will turn —*H B Stowe*

* * *

Persistence

PATIENT persistence will often atone for
what a man lacks in power

* * *

Pessimism

DON'T be sure the worst will happen, it rarely
does.

Pessimism

PESSIMISM is the great destroyer. It is despair, death. No matter if property, health or even reputation is lost, there is always hope if we maintain faith in ourselves and look up.

* * *

Philosophy

ACCEPT no philosophy that will not work out in a beautiful and useful life. Take heed therefore how ye hear. —*Luke, 8:18*

* * *

Planning

THE trouble with many of us is that we just slide along in life. If we would only give, just once, the same amount of reflection to what we want to get out of life that we give to the question of what to do with a two weeks vacation, we would be startled at our false standards and the aimless procession of our busy days.

* * *

Pleasure

A VERY few experiments will soon convince us that there are few pleasures in the world so reasonable and so cheap as the pleasure of giving pleasure. —*A. C. Benson*

* * *

NO man's life is free from struggles and mortifications, not even the happiest, but every one may build up his own happiness by seeking mental pleasures, and thus making himself independent of outward fortune. —*Humboldt*

* * *

PLEASURE comes through toil and not by self-indulgence and indolence. When one gets to love work, his life is a happy one. —*Ruskin*

Pleasure

PLEASURE is no crime except when it strengthens the influence of bad inclinations or lessens the activities of virtue. —*Mary Baker Eddy.*

* * *

THOUGH a taste for pleasure may quicken the relish of life, an unrestrained indulgence leads to inevitable destruction. —*Dodsley.*

* * *

Pluck

IT is a great mistake to suppose that the best work of the world is done by people of great strength and great opportunities. It is unquestionably an advantage to have both these things, but neither of them is a necessity to the man who has the spirit and the pluck to achieve great results.

* * *

WHEN your luck is out, put a "p" before it. For the whole of life is starting afresh, keeping on cleaning the slate.

* * *

Politeness

POLITENESS is to kindness what words are to thought. It acts not only on our manners but on our mind and heart, it moderates and softens all our sentiments, opinions and speech. —*Joubert.*

* * *

POLITENESS is better than logic. You can often persuade when you cannot convince. —*H. W. Shaw.*

* * *

POLITENESS is the flower of humanity. He who is not polite enough is not human enough.

Politeness

THE wisest and best are repulsive, if they are characterised by repulsive manners. Politeness is an easy virtue, costs little and has great purchasing power —*Alcott*

* * *

THERE is no accomplishment so easy to acquire as politeness, and none more profitable —*H. W. Shaw.*

* * *

TRUE politeness is perfect ease and freedom. It simply consists of treating others just as you love to be treated yourself —*Samuel Smiles*

* * *

Possibilities

TO him nothing is possible who is always dreaming of his past possibilities —*Carlyle*

* * *

Poverty

MEN are not made unhappy by poverty, but by the thirst for riches

* * *

NOT to be able to bear poverty is a shameful thing, but not to know how to chase it away by work is a more shameful thing yet —*Pericles*

* * *

POVERTY is a great enemy to human happiness, it certainly destroys liberty ; and it makes some virtues impracticable and others extremely difficult

* * *

POVERTY of any kind places us in our proper relation to God, while riches of any kind, mind or money, tend to sever us from Him —*Frank Crossley*

Poverty

THE worst thing about poverty is the poverty of thought. It is the conviction that we are poor that is fatal to the gaining of a competence

* * *

Power

HATEFUL is the power and pitiable is the life of those who wish to be feared rather than to be loved

* * *

ONE of the weaknesses of human nature is the striving after power and authority. Power is good when it is used in a good way. It should be looked upon as a great responsibility without arrogance, without personal vanity. Only then can it bring much good

* * *

OUR powers owe much of their energy to our hopes. —Johnson

* * *

OUR duty is to be useful, not according to our desires but according to our powers. —Amliel.

* * *

POWER said to the world "You are mine,"
The world kept it prisoner on her throne
Love said to the world, "I am thine,"
The world gave it the freedom of her house

—Tagore

* * *

Practice

CHOOSE always the way that seems the best however rough it may be. Custom will render it easy and agreeable. —Pythagoras

Praise

IT has been shrewdly said that, when men abuse us, we should suspect ourselves, and when they praise us, them. It is a rare instance of virtue to despise censure which we do not deserve, and still more rare to despise praise which we do

—Colton.

* * *

PRAISE, of all things, is the most powerful excitement to commendable actions, and animates us in our enterprises —*La Bruyere*

* * *

PRAISE loudly, blame softly —*Catherine II*

* * *

THE praises of others may be of use in teaching us, not what we are, but what we ought to be —*Hare.*

* * *

THERE is no room for love in a soul filled with the thirst for praise, nothing withers up the heart more than this fatal passion, it robs us of most pure enjoyments and most modest emotions of which our soul is susceptible —*Vinet*

* * *

THOU art not the more holy for being praised, nor the more worthless for being dispraised. What thou art, that thou art, neither by words canst thou be made greater than what thou art in the sight of God —*Thos A Kempis*

Prayer

DO not pray for easy lives. Pray to be stronger men. Do not pray for tasks equal to your power. Pray for powers equal to your tasks. Then the doing of your work shall be no miracle, but you shall be a miracle —*Phillips Brooks*

Prayer

IN order to pray aright, we must enter into the closet and shut the door. We must close the lips and silence the material senses. In the quiet sanctuary of earnest longings, we must deny sin and plead God's allness Such prayer is answered as soon as we put our desires into practice

—*Mary Baker Eddy.*

* * *

PRAYER cannot change the unalterable Truth nor can prayer alone give us an understanding of Truth, but prayer coupled with a fervent habitual desire to know and do the will of God, will bring us into all Truth. Such a desire has little need of audible expression. It is best expressed in thought and in life.

—*Mary Baker Eddy.*

* * *

PRAYER is not to be used as a confessional to cancel sin. . . Asking God to be God is vain repetition . . . Who would stand before a blackboard and pray the principle of mathematics to solve the problem? The rule is already established and it is our task to work out the solution . . . Prayer cannot change the Science of being but it tends to bring us into harmony with it.

—*Mary Baker Eddy.*

* * *

“PRAYER is good. I counsel it to you again and again in joy, in sickness of heart. Prayer is the recognition of laws, the soul's exercise and source of strength.”

—*George Meredith*

* * *

PRAYER is not to inform God of what He does not know. It is an eye through which we see God.

—*Wilfred T. Grenfell.*

* * *

PRAYERS are heard in heaven very much in proportion to our faith. A little faith will get very great mercies, but great faith still stronger.

—*Spurgeon.*

Pride

PRIDE is one of the seven deadly sins , but it cannot be the pride of a mother in her children, for that is a compound of two cardinal virtues—faith and hope —*Dickens*

* * *

TO acknowledge our faults when we are blamed is modesty, to discover them to one's friends in ingenuousness, is confidence, but to preach them to all the world, if one does not take care, is pride —*Confucius*

* * *

Principle

HE who does not desert his principles when threatened with the loss of every earthly thing, even to the loss of reputation and life, is the man of power, is the man whose every word endures, is the man whom the after-world honours, reveres, and worships

* * *

THE world's judgment is based on altogether false principles , it commends riches, honours, and sensual pleasures, and spurns poverty, mortification, and the Cross The Gospel prescribes exactly the reverse , hence it is evident that the world, that is, a man who lives according to the maxims of the world cannot receive the Holy Spirit

* * *

Privation

WITHOUT privation there would be no struggle and without struggle no life—that is as certain as that two and two make four —*Nansen*

Prayer

WE can only keep our sense of spiritual values quick and sensitive by prayer And by prayer I mean the practice of God's presence, the seeking of Him in our lives, the lifting up of our hearts and minds to Him.

—Rev T David Somerville

* * *

WE pray to be forgiven all our wrong doings but we forget we were taught to say "forgive us, as we forgive those who wrong us" We have to give before we ask to be given to

* * *

Prejudice

PREJUDICE is a social habit, not a social law. Its destructive qualities can be cancelled only with good will

* * *

Preparedness

MR IRVINE "Mr Ford, is there a secret of success?"

Mr Ford "Getting ready Before everything else, get ready"

* * *

Pride

ALL other passions do occasional good, but when pride puts in its word everything goes wrong —Ruskin

* * *

IT is pride which fills the world with so much harshness and severity We are rigorous to offences as if we had never offended —Blair

* * *

PRIDE ends in disaster, haughtiness means a downfall Better be modest among poor folk than divide plunder with the proud

—Proverbs

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* * *

Privation

WITHOUT privation there would be no struggle, and without struggle no life—that is as certain as that two and two make four. —*Nansen.*

Problems

YOU cannot be sure of coming out right with a problem unless you go in right. The right answer depends upon the right approach, and you cannot make the right approach unless you give the problem the right interpretation.

—Dr. Albert Butzer

* * *

Procrastination

A LITTLE fire is quickly trodden out,
Which, being suffered, rivers cannot quench.

—Shakespeare

* * *

BY putting off things beyond their proper times, one duty treads upon the heels of another, and all duties are felt as irksome obligations—a yoke beneath which we fret and lose our peace. In most cases the consequence of this is that we have no time to do the work as it ought to be done. It is therefore done precipitately, with eagerness, with a greater desire simply to get it done than to do it well.

* * *

EVERY duty which is bidden to wait returns with seven fresh duties at its back.

—Charles Kingsley

* * *

PROCRASTINATE is the thief of time. It is worse than that, however. It is the destroyer of initiative, and it closes the door to advancement for many people.

—J. L. Newland

* * *

THE street By and by leads to the house. Never

* * *

TO be always intending to lead a new life, but never to find time to set about it—this is as if a man should put off eating and drinking and sleeping from one day and night to another, until he is starved and destroyed.

—Tillotson

Procrastination

TOMORROW is too late for anything, and he who sees help and salvation in tomorrows 'shall continually fail and fall today

The foolish man, loving the boggy side of procrastination rather than the firm highway of Present Effort, says, "I will rise early tomorrow, I will get out of debt tomorrow; I will carry out my intentions tomorrow." But the wise man, realising the momentous import of the Eternal Now, rises early today; keeps out of debt today; carries out his intentions today; and so never departs from strength and peace and ripe accomplishment

* * *

Progress

GOD will measure our progress toward Him not by what we have suffered, but by how much we have desired to diminish the sufferings of others. —*Mazzini.*

* * *

OUR progress should be measured by our overcoming, not by our shortcomings. —*C. S. Monitor.*

* * *

THE great thing in this world is, not so much where we stand, as in what direction we are moving. To reach the port of Heaven we must sail sometimes with the wind and sometimes against it, but we must sail, and not drift, or lie at anchor. —*Oliver Wendell Holmes.*

* * *

THE summit of our attainment yesterday should be the starting-point of our venture today. —*W. M. Punshon.*

* * *

Promise

PROMISE yourself—to forget the mistakes of the past and press on to the greater achievements of the future. —*Christina D.*

Property

OUR material possessions, like our joys, are enhanced in value by being shared. Hoarded and unimproved property can only afford satisfaction to a miser —*G D Prentice*

* * *

[Prospect]

THE distant prospect always seems more fair, and when attained another yet succeeds far fairer than before —*Kirke White*

* * *

Prosperity

THE mind that is much elevated and insolent with prosperity and cast down with adversity, is generally abject and base. Watch lest prosperity destroy generosity. Arrogance is the outgrowth of prosperity —*Epicurus*

* * *

WE cannot travel towards prosperity until the mental attitude faces prosperity. Thinking hard luck and failure will never bring success.

* * *

Provocation

A SENSE of humour enables us not so much to laugh at the people who provoke us as to laugh at ourselves for being so easily provoked. —*Robert Power*

* * *

REMEMBER that it is not he who gives abuse or blows who affronts, but the view we take of these things as insulting. When, therefore, any one provokes you, be assured that it is your opinion which provokes you —*Epictetus*

* * *

Prudence

HAPPY is he who learns prudence from the danger of others, as he does not purchase it by personal suffering —*Plautus*

Public Opinion

ALL the governments, whatever their name, are in reality governments by public opinion, and it is on the quality of this public opinion that their prosperity depends —*Lowell*

* * *

Punctuality

PUNCTUALITY is the stern virtue of men of business, and the graceful courtesy of princes —*Bulwer-Lytton*

* * *

Purity

WE cannot all have perfect features, but all who will may have the greatest of facial beauty—the expression of kindness, honesty and cleanliness, both physical and mental. No purely physical perfection could imply so much

* * *

WHAT greater undertaking lies before any man than the purifying of his life of all bitterness, enmity, impurity, unkindness, and filling it with love, peace and goodness?

* * *

Purpose

THE life that is lived without purpose is rudderless, drifting through the years. It was not so that man was intended to live. A purpose is as necessary to the individual as life itself

* * *

Quarrel

IT is easy to quarrel—a weak man can do it, if he can find someone to quarrel with, but it takes a strong man to return good for evil, and even under provocation to endeavour to live peaceably with all men

* * *

NO man resolved to make the most of himself can spare the time for personal contention

—*Abraham Lincoln*

Quarrel

ONE person can no more quarrel without an adversary than one person can play at chess, or fight a duel —*Dickens*

* * *

Rashness

RASHNESS is oftener the resort of cowardice than of courage —*Thomas Fuller*

* * *

Reaction

THE greatest flood has the soonest ebb, the sorest tempest the most sudden calm, the hottest love the coldest end, and from the deepest desire oftentimes ensues the deadliest hate —*Socrates*

* * *

Reflection

A WISE man reflects before he speaks, a fool speaks, and then reflects on what he has uttered —*From the French*

* * *

Reform

NO external reforms can touch a man or change him. The reformation must be an individual change of mind within himself —*R. Demail Grange*

* * *

THE only effective way of reforming the world is to start with ourselves

* * *

Reformation

SORROW for wrong doing is but one step towards reform and the very easiest step. The next and the great step required by wisdom is the test of our sincerity—namely, reformation —*Mary Baker Eddy*

Regret

MAKE it a rule of life never to regret and never to look back. Regret is an appalling waste of energy, you can't build on it, it is only good for wallowing in
—*Katherine Mansfield*

* * *

REGRET for injury done to others is not righted by a mere verbal apology. This is but the first outward sign of regret. Regret must be sincere, i.e., of the heart, when it is invariably accompanied by an ardent desire to right the wrong done

* * *

Rejoicing

REJOICE in any good that happens, even when you have no share in it, and even should it contribute to lessen your own happiness

* * *

WHY not rejoice more? Count up your golden mercies, count up your opportunities to do good, count up your exceeding great and precious promises, count up your joys of heirship to an incorruptible inheritance, and then march on the road heavenward, singing!

* * *

Religion

EVERYWHERE the tendency has been to separate religion from morality, to set them in opposition even. But a religion without morality is a superstition, and anything like an adequate and complete morality without religion is impossible.
—*Mark Hopkins*

* * *

IT is a great disgrace to religion to imagine that it is an enemy to mirth and cheerfulness, and a severe exacter of pensive looks and solemn faces.
—*Walter Scott*

Religion

IT was George Bernard Shaw who said "I see no way out of the present world misery unless men obey the command of Jesus as if he were a practical statesman" Real religion is not a luxury of 'respectable' folk, it is a prime necessity for all

* * *

LET not emotional ecstasy nor outside demonstration play any part in your religion, it is not a system of ceremonies but an inward conviction We are well advised to think good, see good and do good and keep it all to ourselves

* * *

MEN will wrangle for religion, write for it, fight for it, die for it, anything but live for it
—C C Colton

* * *

PURE religion may generally be measured by the cheerfulness of its professors, and superstition by the gloom of its victims
—Chatfield

* * *

RELIGION is a word repellent to many because it has been made to mean so much that it could never mean Religion is love working in moral efficiency toward supreme good Society composed of such religions contains the kingdom of heaven
—C M S

* * *

SOMETHING is wrong with a man's religion unless it produces in him a certain gaiety of spirit which reflects the essential joy and hopefulness of his creed
—Rev R H Elliott.

* * *

SQUARE dealing, kind feeling, and reverent thought—these are the fundamentals of Religion

Religion

THE practical values of religion are inspiring vision, unfailing energy, unlimited patience

We must get back to the right attitude towards one another before peace and prosperity can return to the world
—*Dr John McDonald*

* * *

THERE can be nothing wrong with true religion, the ridicule and mockery often applied to religion is due to lack of knowledge or to the insincerity sometimes found in the churches

* * *

TRUE religion is always mild, propitious, and humble, plays not the tyrant plants no faith in blood, nor bears destruction on her chariot-wheels, but stoops to polish, succour, and redress, and builds her grandeur on the public good

—*James Miller*

* * *

Remember!

HAS it ever occurred to you
That other people may find it difficult to get on with you?

That you were young yourself once?

That others have a right to their own opinions?

That what you do and say helps to shape other lives?

That home is where you ought to be at your best, not your worst?

That you can begin again?

That you might have tried harder?

* * *

Renunciation

IF thou wouldst estimate thyself, put away wealth, land, honours, scrutinise thyself within

—*Seneca*

Renunciation

THE giving up of self is not merely the renunciation of outward things. It consists of the renunciation of the inward sin, the inward error. Not by giving up vain clothing, not by relinquishing riches, not by abstaining from certain foods, not by speaking smooth words, not by merely doing these things is the Truth found. But by giving up the spirit of vanity, by relinquishing the desire for riches, by abstaining from the lust of self-indulgence, by giving up all hatred, strife, condemnation, and self-seeking, and becoming gentle and pure at heart, by doing these things is the Truth found.

* * *

Repentance

WHEN a man has repented of his sins and mistakes, that is enough. Kick them out, do not keep them like so many mummies and corpses in the house. When you have done wrong, and found it out, and changed to right, and have rectified the ways in which your wrong doing has affected anybody else, that is the end, the sum is complete, you have no business to come back and sit on your old grave-stones.

—Henry Ward Beecher.

* * *

Reputation

A GOOD name is rather to be chosen than good riches, and loving favour rather than silver and gold.

—(Proverbs)

* * *

IF men wish to be held in esteem, they must associate with those who are estimable.

—La Bruyere

* * *

THE gain which is made at the expense of reputation should be set down as a loss.

—Publius Syrus

* * *

WHATEVER disgrace we have merited, it is almost always in our power to re-establish our reputation.

—Rochefoucauld

Reputation

WHO steals my purse steals trash,
But he that filches me my good name
Robs me of that which not enriches him,
And makes me poor indeed —*Shakespeare.*

* * *

Respect

AIM to be honest open-hearted, trustworthy,
free from guile and double dealing That is
the way to foster self-respect and gain the
respect of others.

* * *

TO have a respect for ourselves guides our
morals, and to have a deference for others
governs our manners —*Sterne.*

* * *

Responsibility

IF we want to see the world a happier place,
we must each assume our share of respon-
sibility. We must each do unto others as we
would have them do unto us We must go out and
help with a kind word, a little sympathy, and give
others a pat on the back So many want a good
world, but they want somebody else to make it good

* * *

Results

DO not trouble about results, or be anxious as
to the future ; but be troubled about personal
shortcomings, and be anxious to remove them ;
for know this simple truth—wrong does not result
from right, and a good present cannot give birth to a
bad future You are the custodian of your deeds,
but not of the results which flow from them.

Results

“**I** DO the best I know The very best I can, and I mean to keep right on doing so until the end If the end brings me out all right, what is said against me won't amount to anything If the end brings me out wrong, ten angels swearing I was right would make no difference” —*Abraham Lincoln*

* * *

Retaliation

IF one should abuse or accuse, or speak ill of you, remain silent and self controlled, striving to understand that the wrong doer cannot injure you unless you retaliate, and allow yourself to be carried away by the same wrong condition of mind Strive, also, to meet the evil doer with compassion, seeing how he is injuring himself

* * *

IN taking revenge a man is but on the same low level as his enemy, but in passing it over he is superior, for it is a prince's part to pardon It is the glory of a man to pass by the offence

* * *

THE best sort of revenge is not to be like him who did the injury —*Marcus Antoninus*

* * *

Reward

IF you love and serve men you cannot by any hiding or stratagem escape the reward —*Anon.*

* * *

LET your giving be in secret Let not your left hand know what your right doeth Seek no reward and it will come by ways unexpected

* * *

THE consciousness of having done a splendid action is itself a sufficient reward. —*Cicero*

Reward

THE reward of a thing well done is to have
done it —Emerson

* * *

WHATSOEVER happens to the good man
cannot cause him perplexity or sorrow, for
he knows its cause and issue

* * *

Right

A MAN who lives right, and is right, has more
power in his silence than another man by his
words —Phillips Brooks

* * *

DOING right because it is right is an action
which is positive in its character, and to
perform the right action without any thought
of reward and solely for the sake of being right is to
act from the highest and holiest motive, but this does
not hinder nor prevent the reward which always
follows right action

* * *

DOING right is first hard, then delightful
Such is the history of every virtue At first
it may mean self denial and effort, but the
reward comes when at length the effort grows into a
pleasure

* * *

I HATE to see a thing done by halves, if it be
right, do it boldly, if it be wrong, leave it undone

* * *

ONLY be clear about what is finally right,
whether you can do it or not, and every day
you will be more and more able to do it if you
try —Ruskin

Right

RIGHT action follows right purpose. We may not at all times be able to divine the future, the way may not always seem clear, but if our aims are high and unselfish, somehow and in some way the right end will be reached —*President McKinley*

* * *

TODAY is the day for us to repeat the words of Lincoln "Let us have faith that right makes might"

* * *

Righteousness

DO not start trouble, but stand for righteousness. If it be possible, as much as lieth in you, live peaceably with all men

—*Romans*, 12 18

* * *

THE righteous man, having nothing to hide, committing no acts which require stealth, and harbouring no thoughts and desires which he would not like others to know, is fearless and unashamed. His step is firm, his body upright, and his speech direct, and without ambiguity. He looks everybody in the face. How can he fear any, who wrongs none? How can he be ashamed before any, who deceives none? And ceasing from all wrong, he can never be wronged, ceasing from all deceit, he can never be deceived. It is impossible for evil to overcome good, so the righteous man can never be brought low by the unrighteous

* * *

Rudeness

WHOEVER one is, and wherever one is, one is always in the wrong if one is rude

—*Maurice Baring*.

* * *

Rust

THE wear and tear of rust is faster than the wear and tear of work.

Sacrifice

DO you believe that the way of sacrifice, the spirit of putting ourselves last instead of first, is worth while?

Not in a purely business sense, not in economics, as such, but it is worth while in the essential things. It is the only thing that is worth while. He that would keep his life shall lose it—he always does, for no one is less happy than those who are for ever trying to get happiness for themselves alone.

But those who cheerfully live to serve, who think of others first, who make the common good their first aim, these are radiant with joy, losers who, somehow, are eternally triumphant here, and hereafter.

* * *

THE great use of life is to spend it for something that will outlast it —*William James*

* * *

THE sacrifice that is regretted is no longer an acceptable sacrifice. The gift that is grudged loses its moral worth.

—*Rev H Elvet Lewis, D D*

* * *

THERE is no gain without sacrifice in any endeavour. All things worth attaining and keeping are worth striving for.

* * *

Salvation

LOVE a little more. Be faithful a little more. Serve a little more. And then watch God reveal himself to you in a longer and lovelier way. —*Robert Norwood*

Salvation

SALVATION is not putting a man into heaven but putting heaven into a man. Salvation is not a change of circumstances but a change within. It is known by a change of choices and a change of attitude and intentions and affections. Salvation is not putting a sinful man into a law-abiding community but writing the law of God in the heart and mind. The real question is not what we will do under outward compulsion, but what we will do by inward choice.

* * *

SEARCH me, O God, and know my heart :
try me, and know my thoughts . And see if
there be any wicked way in me, and lead me
in the way everlasting —*Ps* 139 · 23 : 24

* * *

THE path to God is the path of the trivial
round and the common task.

—*Robert Norwood.*

* * *

Saving

RECKLESS saving is as bad as reckless spending. Avoid extravagance and waste, but remember everybody must sell to live and there cannot be a sale without a purchase.

* * *

Scandal

SCANDAL, thy name is legion—Thou art responsible for so much in life, so much mental and physical pain.

* * *

Self-Analysis

SUM up at night what thou hast done by day ;
And in the morning what thou hast to do
Dress and undress thy soul ; mark the decay
And the growth of it, if, with thy watch, that too
Be down, then wind up both ; since we shall be
Most surely judged, make thy accounts agree

—*George Herbert.*

Self-Confidence

SELF-DISTRUST is the cause of most of our failures. In the assurance of strength there is strength, and they are the weakest, however strong, who have no faith in themselves or their powers —*Boee*

* * *

THEY can, because they believe they can —*Virgil*

* * *

TRY to be something in the world, and you will be something, aim at excellence, and excellence will be attained. This is the great secret of success and eminence. "I cannot do it, never accomplished anything." "I will try," has wrought wonders —*Haves*

* * *

Self-Control

EVERY man can develop the power of determining, controlling his thoughts. Character is built up by long-continued habits of thought —*Bernard Hollander, M D*

* * *

HE that is slow to anger is better than the mighty, and he that ruleth his spirit than he that taketh a city —*Proverbs 16 32*

* * *

HE who conquers himself is greater than he who taketh a city. And when he has won his personal victory, the neighbours usually crowd around for help

* * *

LET each man make of himself that which he instructs others to be. Himself well controlled, he may control others —*Buddha*

Self-Control

MAN who man would be, must rule the empire
of himself. —*Shelley.*

SELF-CONTROL is the master-key to the
solution of all our troubles

Lack of self control is the cause of all
vices, the exercise of self-control is the only remedy.

THE Government of oneself is the only true
freedom for the individual

THE command of one's self is the greatest
empire a man can aspire unto, and conse-
quently, to be subject to our passions is the
most grievous slavery, neither is there any triumph
more glorious than that of the victory obtained
over ourselves, where, whilst the conflict is so short,
the reward shall ever last

THE life of self-control is not grievous but
joyous when we become accustomed to it
It clears the mind; it strengthens the judg-
ment; it elevates the character It is the true free-
dom which places us above both our bodies and
our minds, and so gives us the true use of them.
—*Benjamin Jowett.*

THE poorest education that teaches self-control
is better than the best that neglects it
—*Sterling.*

THRICE noble is the man who of himself is
king —*Phineas Fletcher*

VANQUISH your feelings and your wrath,
you who conquer other things —*Ovid*

WHOSO controlleth his mouth and his tongue,
keepeth his soul from trouble —(*Proverbs*)

Self-Criticism

BEFORE tearing your neighbour to pieces,
attend to the rents in your own garment

* * *

IN judging of others, a man laboureth in vain—
often erreth and easily sinneth, but in judging
and examining himself, he always laboureth
fruitfully —*Thomas A Kempis.*

* * *

PROMISE yourself to give so much time
to the improvement of yourself that you have
no time to criticize others

—*Christain D Larson*

* * *

THE person who sees how his own faults can
make him unhappy is likely to be happy .the
capacity for honest self-criticism as a real factor
in happiness is less a matter of your circumstances
than of your attitude towards them

* * *

Self-Deception

HE who imagines he can do without the world
deceives himself much, but he who fancies
the world cannot do without him is still more
mistaken —*Roche foucauld*

* * *

THE easiest thing of all is to deceive one's self,
for what a man wishes he generally believes
to be true —*Demosthenes*

* * *

Self-Denial

TEACH self denial, and make its practice
pleasurable, and you create for the world a
destiny more sublime than ever issued from
the brain of the wildest dreamer

—*Sir Walter Scott*

* * *

WE shall never acquire any great capacity for
joy . so long as we shrink from self denial

Self-Discipline

A MAN can only achieve strength of purpose by the action of his own free will. If he is to stand erect, it must be by his own efforts, for he cannot be kept propped up by the help of others. He is master of himself and of his actions. He can avoid falsehood, and be truthful, he can shun sensualism, and be continent, he can run aside from doing a cruel thing, and be benevolent and forgiving. All these lie within the sphere of individual efforts, and come within the range of self-discipline. And it depends upon men themselves whether in these respects, they will be free, pure, and good, on the one hand, or enslaved, impure, and miserable on the other.

* * *

Self-Help

BEWARE how you look abroad for the succour that you will contribute nothing to create. Bear your own part, according to the imperfect ability you have received, in the work of your deliverance. That part and that ability may be small, but they are required and they shall be enough.

—O. B. Frothingham

* * *

CULTIVATE self help, do not seek nor like to be dependent upon others for what you can yourself supply, and keep down as much as you can the standard of your wants, for in this lies a great secret of manliness, true wealth, and happiness.

—Mr Gladstone to his Son

* * *

THE greatest service we can do for another is to help him to help himself. To help him directly might be weakening though not necessarily. It depends entirely upon circumstances. But to help one to help himself is never weakening, but always encouraging and strengthening, because it leads him to a longer and stronger life.

—Ralph Waldo Trine

Selfishness

SELFISHNESS is the basis of all the world's troubles Working for one's self first means disaster, it encourages others to do likewise, and gets no return

* * *

SELFISHNESS is but the survival of the animal in us Humanity only begins for man with doing things for others

* * *

SELFISHNESS is a very little world, inhabited by one man

* * *

TO be selfish is to be asleep to what is noblest and richest in human life, and however wide awake a man be in the other faculties of his being if he is asleep there, he is but a quarter of a man

* * *

TO be saved is only this, salvation from our own selfishness —Whittier

* * *

WORLD! Fear the atom bomb far less Than human greed and selfishness

* * *

Selflessness

NOT what has happened to you to-day, but what has happened to others through you—that should be your thought

* * *

THE secret of being loved is in being lovely and the secret of being lovely is in being unselfish —J G Holland

* * *

THERE is but one virtue—the eternal sacrifice of self —George Sand

Selflessness

TRUE greatness dwells in those who are selfless externally, internally and eternally, whether or not they are rich or poor, great or small.

* * *

Self-Pity

SELFISH brooding on our troubles and self-pity effectually shut off the inflow of life force.

* * *

THE cure for our own little ills is to go out to help others who suffer from greater ones. Self-pity is one of the greatest forms of selfishness and brings to us a greatly exaggerated idea of our own sufferings.

* * *

Self-Praise

TALK not of the good turn you did your friend. Forget it. Advertised generosity has no virtue.

* * *

Self-Realization

NEGLECT not the gift that is in thee.

* * *

—St. Paul.

Self-Reliance

THINK for yourselves ; absorb knowledge wherever possible, and listen to the opinions of those more experienced than yourself, but don't let anyone do your thinking for you.

* * *

—President Conant of Harvard.

Self-Respect

IF you lose your self-respect you have lost all.

Self-Respect

SELF-RESPECT will never allow a man to bear petty malice, "to bear grudges", to be spiteful, to be mean, they are at all times contemptible
—Bishop Temple

* * *

Self-Restraint

HE who is victorious over another may in turn be defeated, but he who overcomes himself will never be subdued

* * *

THE gentleness of perfect freedom can only be won by the discipline of self-restraint

—Barrett.

* * *

TO be bold against an enemy is common to the brute Man's prerogative is to be bold against himself, to conquer his own lusts and wicked ambitions and fancies, in the sacred name of duty. That is to be noble! That is to be brave

—J. B. Gough

* * *

Self-Scrutiny

IT is good to check up once in a while, and make sure you have not lost the things that money cannot buy

—George Lorimer.

* * *

Self-Surrender

THINE is the kingdom in which I do my work
Thine is the power with which I do my work
Thine is the glory for my finished work

—Frank M. Welsh.

Sense of Proportion

ARE you living your life with a true sense of proportion? You have not time nor strength for everything. Are you putting first things first? Apply this particularly to love of money, love of social eminence, and love of pleasure as competitors against character for the throne of your life

* * *

Sentiment

THE value of the sentiment is the amount of sacrifice you are prepared to make for it

—John Galsworthy

* * *

Serenity

DESPONDENCY, anxiety, worry, and irritability cannot cure the ills against which they are directed. They only add more misery to the troubles that prompt them. The cultivation of a steadfast and serene spirit cannot be overlooked if life is to yield any measure of usefulness and happiness. The trifles, and even greater troubles, which annoy would soon dissolve and disappear if confronted with a temper that refuses to be ruffled and disturbed. Personal aims, wishes, schemes, and pleasures will meet with checks, rebuffs, and obstacles, and it is in learning to meet these reverses in a wise and calm spirit that we discover the true and abiding happiness within our heart.

* * *

DO not hurry,
Do not worry,
As this world you travel through,
No regretting,
Fuming, fretting,
Ever can advantage you
Be content with what you've done,
What on earth you leave undone,
There are plenty left to do

—P M Wylie

Serenity

IT is the greatest manifestation of power to be calm
—Swami Vivekananda.

* * *

Sermons

THE best sermons are not always preached by the most effective preachers. They are preached through halting phrases and simple convictions, by the heart which is in tune with God.
—Rev James Reid, D D.

* * *

Service

A MAN'S life at work is a golden opportunity for serving and helping others.

* * *

ALMOST every young man or woman begins seeking joy through getting, and has to learn by experience that the deepest satisfaction in life lies in serving.

* * *

DID you reach out a hand? Did you find him the road, or did you just let him go by with his load?

* * *

EVERYWHERE you endeavour to be useful, everywhere you will be at home. —Goethe.

* * *

HOWEVER perplexed you may at any hour become about some questions of truth, one refuge and resource is always at hand : you can do something for someone besides yourself.

—George S. Merriam

* * *

IF a man measures life by what others do for him, he is apt to be disappointed, but if he measures life by what he does for others there is no time for despair.
—William J. Bryan.

Service

“ IF I can stop one heart from breaking
I shall not live in vain ,
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin into his nest again,
I shall not live in vain ’

—*E Dickinson*

IF we were only wise enough to choose
The path of Service every day we live,
We d learn the truth that what we keep we lose
And gather what we give

LABOUR is toil with no end in view, work is
activity with a plan, and service is working
for others, or love

NO man has come to true greatness who has
not felt in some degree that his life belongs to
his race and that what God gives him, He
gives him for mankind

—*Phillips Brooks*

SERVE and thou shalt be served If you love
and serve men, you cannot, by any hiding or
stratagem, escape the remuneration

—*Emerson*

STATELY is service accepted, but lovelier
service rendered

—*Clough*

THE greatest need of the modern world is for
men and women of ability and good will to
serve the community without hope of reward

THE ideal state or heaven is not a place from
which problems have been removed Rather
it is a place where pain and stress have been
taken out of problems Satisfaction is not found in
ease or repose but in service and achievement

—*Peter V Ross*

Service

THE day is thine, dear Lord,
and I am thine,
Oh, may no unkind thoughts or words of mine
Disturb the harmony of this thy day,
But love and joy in service have full sway

* * *

THE most satisfactory thing in all this earthly
life is to be able to serve our fellow beings
To be of service is a solid foundation for
contentment in this world —*Charles W Eliot*

* * *

THOSE who cheerfully live to serve, who think
of others first, who make the common good
their first aim, these are radiant with joy

* * *

THOU shalt be served thyself by every sense of
service which thou rendered

* * *

—*Elizabeth B Browning*

TO spend life's gains or goods upon ourselves
is to make it a futile and empty thing What
matters is not what we make or what we
possess It is what we do with our possessions in
serving mankind —*James Reid*

* * *

WE may render fine service by little and seem-
ingly insignificant deeds, if only they are done
in the right spirit and with a worthy motive

* * *

WHEN you rise in the morning form a resolution
to make the day a happy one to a fellow
creature It is easily done —*Sydney Smith*

* * *

WHEN we come to study the great careers of
mankind and mark the lives that have counted
most in human history, they have not been
those who were seeking material rewards. They have
been, generally, persons with a great vision of service
to their fellow men

Shortcomings

THERE are persons who ponder upon the shortcomings of their friends There is nothing to be gained by this, I have always paid attention to the merit of my adversaries, and have derived advantages from doing so

—J W von Goethe

* * *

Silence

A GOOD word is easy obligation, but not to speak ill requires only our silence, which costs us nothing

—Archbishop Tallotson

* * *

OF the unspoken word thou art master, the spoken word is master of thee

Buddhist Proverb.

* * *

SILENCE is a mighty weapon which so few of us are strong enough to wield

* * *

SILENCE is like sleep, it refreshes wisdom

—Bacon

* * *

Simplicity

IN character, in manners, in style, in all things the supreme excellence is simplicity

—Longfellow

* * *

Sins

ALL sin is ignorance It is a condition of darkness and undevelopment The wrong-thinker and the wrong doer is in the same position in the school of life as is the ignorant pupil in the school of learning He has yet to learn how to think and act correctly, that is, in accordance with Law The pupil in learning is not happy so long as he does his lessons wrongly, and unhappiness cannot be escaped while sin remains unconquered

Sins

IN order to do one's best one must be able to defend oneself from that which would keep one from doing that best, namely, selfishness, egotism, dishonesty, greed, lust, laziness, and others of the same like

* * *

THE saddest fact in the world is sin, however it may be accounted for. But here is a method whereby it may be destroyed, and this is the method of Jesus, the Christ. He would have us put all error (and that includes all sin) out of the mind completely. To do this is the essential of forgiveness, because to forgive means to put away; and when we have put away from ourselves (by putting them out of mind) our own errors and the errors of others, they will not any longer exist to trouble us. When every one does this, there will no longer be any sin

* * *

Sincerity

SINCERITY is to speak as we think, to do as we pretend and profess, to perform and make good what we promise, and really to be what we would seem and appear to be —*Tillotson*

* * *

SINCERITY, a deep, great, genuine Sincerity, is the first characteristic of all men in any way heroic —*Carlyle*.

* * *

THE foundation of that steadfastness and constancy which we seek in friendship is sincerity, for nothing is steadfast which is not sincere —*Cicero*.

* * *

Skill

THERE is plenty of room in the world for thoughtful and efficient people. Employers of labour know how difficult it is to get the best workmanship. The good workman, whether with tools or brains, whether with speech or thought, will always find a place for the exercise of his skill

Slander

IN slander the listener is almost, if not quite, as bad as the speaker. The person has no right to tell you, and you have no right to hear it.

* * *

SLANDER is a poison which extinguishes charity, both in the slanderer and in the person who listens to it, so that a single calumny may prove fatal to an infinite number of souls, since it kills not only those who circulate it, but also all those who do not reject it —*St Bernard*

* * *

Slavery

NO form of slavery is legitimate. Slavery will cease when the belief in domination is changed to brotherhood.

* * *

Smile

BETTER by far you should forget and smile than that you should remember and be sad.

* * *

I DON'T know how he is on creeds,
I never heard him say,
But he has got a smile that fits his face
And he wears it everyday

* * *

IF we cannot strew life's path with flowers, we can at least strew it with smiles

—*Charles Dickens.*

Smile

IT costs nothing, but creates much. It enriches those who receive without impoverishing those who give.

None is so rich he can get along without it, none so poor but is richer for its benefits.

It creates happiness in the home, fosters goodwill in the business, and is the countersign of friends.

It is rest to the weary, daylight to the discouraged, and sunshine to the sad.

It is nature's best antidote for trouble.

Yet it cannot be bought, begged, or stolen, for it is something that is no earthly good to anybody until it is given away.

Nobody needs a smile so much as those who have none left to give.

• • •

ONE who is seeking to banish discordant thinking should assume that bodily attitude or expression which the desired harmonious thinking would naturally produce. Let him smile whether he feels like smiling or not. Force a smile that a spontaneous one may follow. It will help toward the introduction of harmonious thinking, and if this is fostered by the right mental effort, the two will work together for immediate success.

Smile

SMILE a little,
Help a little,
Push a little,
The world needs you
Work a little,
Wait a little,
Hope a little,
And don't get blue.

* * *

WHEN we see a troubled face
Let's greet it with a smile,
When dame Fortune frowns on us,
Let's treat her with a smile,
Smiles are cheap tho smiles are dear,
Smiles the darkest day will cheer,
Smile will make a Happy New Year

* * *

Society

NO society can surely be flourishing and happy,
of which the far greater part of the members
are poor and miserable —*Adam Smith*

* * *

Solitude

I WOULD have all busy people make times in
their lives when they should try to be alone with
nature and their own hearts
—*Arthur C Benson*

* * *

Sorrow

I'LL not confer with sorrow
Till tomorrow,
But joy shall have her way
This very day —*T B Aldrich*

* * *

THE shadows God sends are few, those we make
for ourselves are many

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* * *

SMILE !

The world is blue enough
Without your feeling blue

Smile !

There is not half joy enough
Unless you're happy, too

Smile !

The sun is always shining,
And there's work to do

Smile !

This world may not be Heaven,
But then it's Home to you

Smile

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Push a little,
The world needs you.
Work a little,
Wait a little,
Hope a little,
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The world is blue enough
Without your feeling blue

Smile !

There is not half joy enough
Unless you're happy, too

Smile !

The sun is always shining,
And there's work to do

Smile !

This world may not be Heaven,
But then it s Home to you

Smile

SMILE a little,
Help a little,
Push a little,
The world needs you.
Work a little,
Wait a little,
Hope a little,
And don't get blue.

* * *

WHEN we see a troubled face
Let's greet it with a smile,
When dame Fortune frowns on us,
Let's treat her with a smile,
Smiles are cheap tho' smiles are dear,
Smiles the darkest day will cheer,
Smile will make a Happy New Year

* * *

Society

NO society can surely be flourishing and happy,
of which the far greater part of the members
are poor and miserable —*Adam Smith*

* * *

Solitude

I WOULD have all busy people make times in
their lives when they should try to be alone with
nature and their own hearts
—*Arthur C Benson*

* * *

Sorrow

I'LL not confer with sorrow
Till tomorrow,
But joy shall have her way
This very day —*T B Aldrich*

* * *

THE shadows God sends are few, those we make
for ourselves are many

Soul

WE have only to be patient, to pray, and to do
His Will according to our present light and
strength and the growth of the soul will go
on

* * *

YOU cannot change your features, but you
can change your expression

—Dr Roy Lemon Smith

* * *

Speech

A MAN cannot speak but he judges himself
With his will or against his will, he draws his
portrait to the eye of his companions
by every word —Emerson

* * *

BY keeping silence when we ought to speak,
men may be lost By speaking when we ought
to keep silence, we waste our words The
wise man is careful to do neither —Confucius

* * *

CONTROL thy tongue It is a little
member and boasteth great things
It defileth the whole body It is an unruly
evil full of deadly poison —St James

* * *

MANY a pang has been incurred through a
single hasty word —C H Spurgeon

* * *

SPEAKING without thinking is shooting
without taking aim

* * *

SPEECH is precious and should be used not to
wound but to heal not to darken but to
enlighten not to condemn but to release

* * *

THE tongue should not be suffered to outrun
the mind —Chilo

Spirit

THE accidents of geography, custom, tradition, colour and situation divide us and keep us apart, but the spirit within is one and unites us all.

* * *

Spiritual

A CLEAR vision of heaven is unveiled to him who yields his personal ambitions, human planning and striving for material gain, to the unerring direction of mind and the bliss of impersonal spiritual being.

—Margaret Morrison.

* * *

IF times are bad in a material sense, they are just as good and full of promise in a spiritual sense as they ever were.

* * *

Strength

IT is only a weak man who gives way before the hard knocks of the world ; if you possess the average strength you will conquer. —H. Marsh.

* * *

Success

A MAN who does a little more than he is asked to do, who takes a little more care than he is expected to, who puts the small details on an equal footing with the more important ones, is the man who is going to make a success of his job.

—Selected.

* * *

ACT as if it were impossible to fail. That is the talisman, the formula, the command of right-about-face which turns us from failure to success.

—Dorothea Brand.

Success

AT the root of every success there is some form of well-husbanded and well-directed energy. There has been some persistent brooding of the mind upon a project. Success is like a flower ; it may appear more or less suddenly, but it is the finished product of a long series of efforts, of preparatory stages.

• • •

DETERMINATION to succeed is a vital and essential factor in achieving success. Fear of failure has defeated millions of worthy men.

• • •

FEW things are impracticable in themselves; and it is for want of application rather than of means, that men fail of success

—*Roche foucauld.*

• • •

HUMAN felicity is produced not so much by great pieces of fortune that seldom happen as by little advantages that happen every day.

—*Benjamin Franklin.*

• • •

Success

IT has been proven that neither money nor property is a guarantee of success, but there are things which do make for such a guarantee—honesty, purity, uprightness, love, contentment. These invaluable varieties total up to huge balances when the grand total of all characteristics is reckoned with.

* * *

MANKIND worships success, but thinks too little of the means by which it is attained what days and nights of watching and weariness, how year after year has dragged on, and seen the end still far off all that counts for little, if the long struggle does not close in victory.

—H M Field

* * *

MEET success like a gentleman and disaster like a man

—Lord Birkenhead

* * *

MEN rarely succeed in changing the world, but a man seldom fails of success if he lets the world alone and resolves to make the best of it. It is always easier to climb a mountain than to level it.

—Lytton

* * *

MEN of great and shining qualities do not always succeed in life, but the fault lies more often in themselves than in others.

—Colton

* * *

STINGY, narrow minds do not attract money. They shut out the flow of abundance. Broad, liberal, optimistic views make for success in all walks of life.

* * *

SUCCESS in life depends upon persistent effort, upon the improvement of moments more than upon any other one thing.

—Mary Baker Eddy

Success

SUCCESS in business is seldom owing to uncommon talents or original power which is untractable and self willed, but to the greatest degree of commonplace capacity —*Hazlitt*

* * *

SUCCESS does not consist in never making blunders, but in never making the same one the second time —*H. W. Shaw*

* * *

SUCCESS is the natural result of intelligent direction of effort. Affirmations of success, faith, wisdom, power, good, love, will wake your latent forces to more intelligent uses. The more enthusiasm you can put into the affirmations, the more quickly will you realise success

* * *

SUCCESS in life does not hide itself from us. We rather hide ourselves behind ignorance, laziness and wrong thinking which prevent our recognising the essentials to success. Good thought and good work will invariably bring everything we need in life

* * *

SUCCESS in life cannot be calculated by bank balances but by unselfishness and good deeds which bring satisfaction and contentment to life

* * *

TEN rules for success. The first is—"Know how". The second is—"Use what you know". The other eight rules are the same as the first two —*The Stewart Warnerite.*

* * *

THE secret of success is not to do what one likes to do, but to try to like what one has to do.

Success

THE men whom I have seen succeed best in life have always been cheerful and hopeful men, who went about their business with a smile on their faces and took the changes and chances of this life like men facing rough and smooth as it came, and so found the truth of the old proverb "Good Times and Bad Times, and All Times, pass over"

* * *

THE successful man of the future has to be not a go getter who leaves his children richer, but a go giver who leaves his community happier
—*Ida A R Wylie*

* * *

THE talent of success is nothing more than doing what you can do well, and doing well whatever you do without a thought of fame. If it comes at all it will come because it is deserved not because it is sought after
—*Longfellow*

* * *

THE measure of success is not always how many men we have been able to command, but how many men we have been able to serve

* * *

THE test of the value of your success is the use you make of it. If it leads you to be selfish, indifferent worldly, or egotistical, then it is neither worthy nor desirable. It is said few men can survive prosperity, but there are many inspiring examples of successful men who have used their success not for selfish satisfaction, but for the betterment of their fellowmen

* * *

THE light comes as we work toward it.

Success

THE more common secret of want of success in life is a tendency to let things drift. It is not so much the missing one opportunity, or the committing one blunder, as the lavish waste of all the forces—opportunities which in various shapes come within the grasp. It is the slovenliness of men and women which for the most part make their lives so unsatisfactory. —John Morley.

* * *

THE secret of success is constancy in purpose. —Disraeli.

* * *

WE all desire success but it comes only to those whose desire is strong and persistent, who keep it uppermost in mind. The desire must be sufficiently intense to stimulate us into action. If we are constantly thinking and planning ways and means of attaining success, no matter how distant it appears or what difficulties arise it will surely come. Every action has a beginning in thought,—as we think, we act. Successful action therefore can only follow concentrated thought.

* * *

Suffering

ARE our sufferings and troubles entirely the result of our own ignorance and wrong doing, or are they partly or wholly brought about by others, and by outward conditions? Our sufferings are just, and are entirely the result of our own ignorance, error, and wrong doing. “Ye suffer from yourselves, none else compels”

* * *

GRIEF knits two hearts in closer bonds than happiness ever can, and common sufferings are far stronger links than common joys.

—Lamartine

Suffering

PAIN and despair and heartache . cast you
down for awhile, but afterwards—they help
you to understand —*John Oliver Hobbes*

* * *

SUFFERING becomes beautiful when anyone
bears great calamities with cheerfulness, not
through insensibility, but through greatness of
mind —*Aristotle.*

* * *

Suspicion

HE who is in perfect peace suspects no man,
but he who is discontented and distressed is
tossed about with various suspicions ; he is
neither at rest himself, nor does he suffer others to
rest He considers what others are bound to do, and
neglects that to which he himself is bound
—*Thomas A Kempis*

* * *

Sympathy

A FEW more smiles of silent sympathy, a few
more tender words, a little more restraint on
temper, may make all the difference between
happiness and half happiness to those with whom
we live

* * *

AH, how much good we may do each other
by a few friendly words , and the opportunity
for them are so much more frequent than for
friendly deeds —*George Eliott.*

* * *

IT'S a gay old world when you're gay,
And a glad old world when you're glad,
But whether you play
Or go toiling away,
It's a sad old world when you're sad —*S E Kiser.*

Sympathy

LACK of sympathy arises in egotism ; sympathy arises in love Sympathy, in its real and profound sense, is oneness with others in their striving and suffering

* * *

SYMPATHY is the key that fits the lock of any heart

* * *

SYMPATHY is two hearts tugging at one load
—C N. Parkhurst.

* * *

THE charm of life is sympathy ; nothing pleases us more than to observe in others a fellow-feeling with all the emotions of our breasts

* * *

THE look of sympathy, the gentle word .. the secret act of pure self-sacrifice .. these are not lost.
—Richard Metcalf.

* * *

TO ease another's heartache is to forget one's own
—Abraham Lincoln.

* * *

TRUE sympathy is putting ourselves in another's place ; and we are moved in proportion to the reality of our imagination —Hosea Ballou.

* * *

YOU are richer to-night than you were this morning if you have looked for the best in others and given others the best in you
—David Grayson.

Tact

TACT is not merely shown in saying the right thing at the right time to the right people ; it is shown quite as much in the many things that are left unsaid and apparently unnoticed, or are only lightly and evasively touched. Tact implies self-restraint, good temper, quick and kindly sympathy with the feelings of others —*William H Lecky.*

* * *

Tale-Bearing

THOU shalt not go up and down as a tale-bearer among thy people . Where no wood is, there the fire goeth out ; so where there is no tale-bearer, the strife ceases —*The Bible.*

* * *

Task

YES, the task that is given to each man, no other can do,
So the errand is waiting, it has waited through
ages for you —*Edwin Markham.*

* * *

Temper

BAD temper is its own scourge. Few things are bitterer than to feel bitter. A man's venom poisons himself more than his victim —*Charles Buxton.*

* * *

GOOD temper is like a sunny day , it sheds its brightness upon everything —*W G Wills.*

* * *

HE is happy whose circumstances suit his temper ; but he is more excellent who can suit his temper to any circumstances —*Hume*

Temper

HE who would overcome his enemy, temper, must discover his stronghold and place of concealment, and must also find out the unguarded gates in his own fortress where the enemy effects so easy an entrance

* * *

LOSING one's temper means losing peace of spirit, losing control over self, losing clearness of thought, losing grasp of the situation, and usually losing the respect of bystanders

* * *

NO form of vice, not worldliness, not greed of gold, not drunkenness itself, does more to unchristianise society than evil temper

—Henry Drummond

* * *

SWEETNESS of temper is the quality of a cultured mind

* * *

THE difficult part of a good temper consists in forbearance and accommodation to the ill-humour of others

—Empson

* * *

Temptation

IN the hour of temptation do not depart from the right path, avoid excitement. When passions are aroused restrain and subdue them. When the mind would wander, bring it back to rest on higher things. Do not think—"I can get Truth from the Teacher, or from the books." You can acquire Truth only by practice

* * *

NO one can ask honestly or hopefully to be delivered from temptation unless he has himself honestly and firmly determined to do the best he can to keep out of it

—Ruskin

Temptation

TEMPTATION, with all its attendant torments, can be overcome here and now, but it can only be overcome with knowledge. It is a condition of darkness or of semi darkness. The fully enlightened soul is proof against all temptation.

* * *

TEMPTATION accepted brings discouragement and defeat. Temptation rejected brings victory and progress. —J Woodruff Smith

* * *

TEMPTATIONS, like misfortunes, are sent to test our moral strength.

—Marguerite de Valois

* * *

THE finest thing one can do, morally, is to live within arm's length of temptation, and let it alone. But the next finest thing, and the safest thing, and the best thing on the whole, is to decrease one's liability to temptation by increasing one's distance from it.

* * *

THE source and cause of all temptation is in the inward desire, that being purified and eliminated, outward objects and extraneous powers are utterly powerless to move the soul to sin or to temptation. The outward object is merely the occasion of the temptation, never the cause, this is in the desire of the one tempted.

* * *

THE Lord knoweth how to deliver the godly out of temptations, and to reserve the unjust unto the day of judgment to be punished.

—Peter

Thankfulness

CULTIVATE the thankful spirit! It will be to you a perpetual feast There is or ought to be, with us no such thing as small mercies All are great

* * *

HOWEVER great your misfortune, however unjust the suffering you have to bear, however meanly you have been treated, however hopeless things may seem, though it may be cold comfort at the moment, believe that it might have been worse Then be thankful that it isn't

* * *

IF we are sincere and genuine in our thanksgiving for the great blessings vouchsafed to us then it will be productive of much good.

—*Samuel Smiles.*

* * *

TWO little words that make the world run more smoothly, that ease the hard paces of life and absorb many of its shocks, are "Thank you" They are the sign of a gracious spirit They speak a generous attitude that would not withhold praise from those that deserve it—a commodity with which too many of us are stingy Let them be not merely words of the tongue but of a grateful heart

* * *

The Missionary

HE who goes down into the battle of life giving a smile for every frown, a cheery word for every cross one, and lending a helping hand to the unfortunate is, after all the best of missionaries

* * *

Thought

A LOT depends upon how we think, what we think, so we are So let our minds think good things and we shall be masters of our own minds Let thoughts be lofty and God will lead us

Thought

A MAN would do well to carry a pencil in his pocket, and write down the thoughts of the moment. Those that come unsought for are commonly the most valuable, and should be secured, because they seldom return. —*Bacon*.

* * *

AS a man thinketh in his heart, so is he. As he thinks dishonesty, so does he become a thief. As he thinks good he makes goodness part of himself.

* * *

CONSTRUCTIVE, creative thinking—the kind that will improve and uplift mankind—is just as natural and necessary to rightful living as are health, honesty, joy and abundance, which are the fruitage of right thinking. On the other hand, negative, antagonistic, critical thinking is unnatural, abnormal and unnecessary, and is non-creative and non-productive. —*C. S. Monitor*.

* * *

DISCORDANT thinking gathers force and persistence with every moment it continues. Delay affords it an opportunity to entrench itself, and this only increases the difficulty. If one neglects the little fire, he cannot stop the big conflagration.

* * *

DO not only contend with evil thoughts or inclinations of the will, but get thyself earnestly engaged with a good thought or purpose, until those evil thoughts vanish. —*St. Anselm*.

* * *

EVERY wrong we think or do makes the world meaner. Every good we think or do makes the world richer and happier. We can be masters of our thoughts. If we think good thoughts we need fear no evil.

Thought

GOOD thought makes a good happy life If
there is kindness of heart towards all men all
acts will be impregnated with kindness

* * *

HE who would govern his actions by the laws of
virtue must regulate his thoughts by those of
reason. —*Dr Johnson*

* * *

“I HOLD it true that thoughts are things
Endowed with bodies breath and wings,
And that we send them forth to fill
The world with good results—or ill’
—*Ella Wheeler Wilcox*

* * *

IT has been well said that our thoughts make
our lives, and that we can no more think sickness
and live health than we can think miserably
and live joyously —*Dr Herman N Bundesen*

* * *

LET us be on guard against yielding to feelings,
instead of striving in every word and thought
to meet the difficulties which beset us
—*J H Jowett*

* * *

MAN makes his body and his mind harmonious
or discordant according to the images of
thought impressed upon it

* * *

MAN is governed by his thoughts If they are
evil, he commits evil If good, good action
follows The most important thing lies in the
control of the thought, directing it into good channels

Thought

MARY Baker Eddy wrote —“ Lulled by stupifying illusions, the world is asleep in the cradle of infancy, dreaming away the hours ”

Mankind is still in a dream of barbaric belief, still believing in jealousy, domination, strife and murder as a means of attaining peace with contentment and harmony This state of crass ignorance will continue through the centuries until man rises above these low beliefs to something higher and cleaner embracing good will and the love of mankind

* * *

MEN should be judged not by the tint of their skin,
The Gods they serve, the vintage that they drink,
Nor by the way they fight, or love, or sin,
But by the quality of thought they think

* * *

RIGHT thoughts are reality and power, wrong thoughts are unreality and powerless possessing the nature of dreams Good thoughts are potent , evil thoughts are impotent and they should appear thus —*Mary Baker Eddy*

* * *

SUCH as are thy habitual thoughts, so also will be the character of thy mind —*Marcus Aurelius*

* * *

THE cultivation of thoughts of gratitude for blessings received and the joyous expression of such thoughts in happy deeds of kindness, in cheery words and friendly example, must bring happiness to life

* * *

THE style of a writer is a faithful representative of his mind , therefore, if any man wishes to write a clear style, let him first be clear in his thoughts , and if any would write a noble style, let him first possess a noble soul —*Goethe*

Thought

THE most important part of your job is to think. Nothing but right thinking can achieve the success to which you aspire. You will begin to improve when you begin to think. Constructive thoughts are the rungs in the ladder of every career. With them, we can lift ourselves upward. The more rungs we have the higher we are bade to rise.

—Pestalozzi.

* * *

THE teachers of all nations have said to the world "Think good," for by thinking good of everybody and everything, we experience harmony within. Wrong thinking brings discomfort to the mind, then why think wrong? Good thinking, like good cricket, comes with practice.

* * *

THE sculptor turns from the marble to his model in order to perfect his conception. We are all sculptors working at various forms, moulding and chiselling thought.... We must form perfect models of thought or we shall never carve them out in grand and noble lives.

—Mary Baker Eddy.

* * *

THERE is nothing either good or bad, but thinking makes it so.

—Hamlet.

* * *

THINK truly, and thy thoughts
Shall the world's famine feed ;
Speak truly, and each word of thine
Shall be a fruitful seed ;
Live truly, and thy life shall be.

* * *

THINK big and your deeds will grow,
Think small and you'll fall behind,
Think that you can and you will,
It's all in the state of mind.

Thought

UNLESS new paths of thought are trodden there is no logical or reasonable ground for expecting real improvement in our outward conditions —W J Colville

* * *

WE should never indulge in thoughts that disturb our mind, distort our vision or shake our resolution

* * *

WE say we have no time for this or that but there is always time to think Great thoughts reduced to practice become great acts

* * *

WE should round every day of stirring action with an evening of thought We learn nothing of our experience except we muse upon it —Boice

* * *

WE are all creatures of thought Our thinking bears fruit in our lives according to its quality, bad or good Mental house-cleaning is a fine thing for all of us The purer and cleaner our thoughts, the more room in our lives for good

* * *

WE should watch our thoughts If we hold kind thoughts, we do kind acts If we feel envy, jealousy, malice, it is shewn in our lives, for it brings discontent and unhappiness

* * *

WE have but to correct our thoughts to cancel unfavourable and bring about good conditions

* * *

WE should all acquire the habit of thinking Think deeply, think regularly Think on "whatsoever things are true, honest, just, pure, lovely, of good report" and all these things will come into our lives

Thought

WHAT we steadily, consciously, habitually think we are, that we tend to become

—John Cowper Powys.

* * *

WHAT you call the atmosphere of your home or office is not dependent upon its building material or its furnishings. The atmosphere is a register of the quality of the thoughts of those who dwell there. It will be harmonious in the measure that courtesy, good-will, good temper and kindness are permitted to rule the minds of the residents or occupants

* * *

WHETHER we know it or not, we always arouse thoughts in others similar to those which fill our own minds. Anger in one person provokes anger in others, and love begets love. Fear brings fear, and confidence inspires confidence. The cheerfulness of one person will pervade a roomful, and if persisted in, it may extend to a whole neighbourhood. Even the most retiring and least assertive have their influence upon others far beyond their own recognition

* * *

WRONG thought leads to wrong action which sooner or later brings ill results. Error soweth the wind and reapeth the whirlwind

* * *

YOU must have a house to live in, and it must be built so that it will be permanent and furnished so that it will be interesting. It is your thought house

* * *

YOUR manners will depend very much upon the quality of what you frequently think on, for the soul is tinged and coloured with the complexion of thought

—Marcus Aurelius.

Three-Fold Path

RIGHT thinking, right feeling and right acting—
honesty, purity, unselfishness—in youth tend
to success, intellectuality and happiness in
manhood
—*Mary Baker Eddy.*

* * *

Time

AS every thread of gold is valuable, so is every
minute of time
—*Mason.*

* * *

LOST wealth may be replaced by industry, lost
knowledge by study, lost health by temperance
or medicine, but lost time is gone forever
—*Samuel Smiles*

* * *

THE real secret of how to use time is to pack
it as you would a portmanteau, filling up the
small spaces with small things
—*Sir Henry Hadow.*

* * *

TIME hastens, therefore do today
Whatever kindly deed you may

* * *

TIME, when well husbanded, is like a cultivated
field, of which a few acres produce more of
what is useful to life, than extensive provinces,
even of the richest soil, when overrun with weeds and
brambles
—*Hume*

* * *

WORK hard, play to the allowable limit, live
the moment to the utmost of its possibilities

Today

CONCERN yourself but with Today,
Woo it, and teach it to obey
Your will and wish Since time began
Today has been the friend of man,
But in his blindness and his sorrow
He looks to Yesterday and Tomorrow

* * *

DO to-day's duty, fight to day's temptation, and
do not weaken and distract yourself by looking
forward to things which you cannot see and
could not understand if you saw them

—*Charles Kingsley.*

* * *

IF we spend our time by taking care of the
demands of to day, faithfully discharging our
duties, enjoying life as God gives it to us, we
shall do well And by taking care of each day as it
comes we shall take care of the future There is no
other satisfactory way of living

—*Rev C R McBride*

* * *

LIVE your best and act your best and think
your best to-day, for to-day is the sure
preparation for to morrow and all the other
to-morrows that follow.

—*Harriet Martineau*

* * *

STRENGTH for today is all we need
For there never will be a tomorrow ;
For tomorrow will prove another today
With its measures of joy and sorrow.

—*Dodridge.*

* * *

TODAY is the only period of life which we have
within our grasp It reflects our yesterdays
and augurs, to a more or less degree, what we
shall be tomorrow.

Today

TODAY well lived makes every yesterday a dream of happiness, and every morrow a vision of hope. —*Merriam.*

* * *

TRY to be happy in the present moment, and put not off being so to a time to come—as though that time should be of another make from this, which has already come and is ours. —*Fuller.*

* * *

WE know nothing of to-morrow ; our business is to be good and happy to-day. —*S. Smith.*

* * *

Tolerance

DON'T criticise destructively, your neighbour's way may not be yours ; it may nevertheless be as good. You have not the monopoly of wisdom.

* * *

LET us be charitable and kind to one another. Never condemn rashly but judge righteously. If others disagree with us in our practice of what is just and right and good, let us say as Abraham said :—" Let there be no strife between me and thee . . . for we are brethren."

* * *

TOLERANCE, in so far as establishing religious and racial harmony is concerned, leaves much to be desired. One must not just tolerate one's brother, one must love him.

* * *

Tomorrow

TOMORROW may never come. Do the essential thing today : Behold, now is the acceptable time, now is the day of salvation. —*11 Corinthians 6 : 2.*

Tomorrow

TOMORROW you have no business with You
steal if you touch tomorrow It is God's Every
day has in it enough to keep any man occupied
without concerning himself with the things beyond

—Henry Ward Beecher

* * *

YOU have nothing to worry about tomorrow
Your very real good is today, for out of it
you can make a better tomorrow

* * *

Tongue

THE stroke of the whip maketh marks in the
flesh, But the stroke of the tongue breaketh
bones

—Ecclesiasticus

* * *

THE tongue is at the same time, the best part
of man and his worst, with good government,
none is more useful, and without it, none is
more mischievous

—Anacharsis

* * *

THERE is the same difference between the
foolish and the wise tongue as between the
hands of a clock—the one goes twelve times
as fast, but the other signifies twelve times as much

—S. South.

* * *

Too Dear

WHO cannot live on twenty pounds a year
Cannot on forty, he's a man of pleasure,
A kind of thing that's for itself too dear

—Herbert

Tradition

WHERE there are generations of discipline and thought, and, most of all, generations of religion and prayer, at the back of a people or a family, the deep roots of the unconscious bring their own perfect flower

* * *

Training

ACCUSTOM yourself to master and overcome things of difficulty for if you observe, the left hand for want of practice is insignificant, and not adapted to general business, yet it holds the bridle better than the right, from constant use

—Pliny

* * *

TRAIN up a child in the way he should go, and when he is old he will not depart from it

* * *

TRAIN your mind in strong, impartial, and gentle thought, train your heart in purity and compassion, train your tongue to silence and to true and stainless speech, so shall you enter the way to holiness and peace, and shall ultimately realise the immortal Love

* * *

Traits

EVERY person has some splendid traits and if we confine our contacts so as to bring those traits into action, there is no need of ever being bored or irritated or indignant

* * *

Treachery

THERE is no knife that cuts so sharply and with such poisoned blade as treachery

Trial

TRIALS teach us what we are, they dig up
the soil and let us see what we are made of

—Charles Spurgeon

* * *

Trifles

DO not despise little things, the widow's
mite was as precious in the eyes of the Lord
as the rich man's gift, so should little acts
of kindness be appreciated when emanating from a
generous heart.

* * *

SEEING that we have to attain to the ministry
of righteousness in all things we must not
overlook small things in goodness or badness
for 'trifles make perfection' and the little foxes
spoil the vines

—Mary Baker Eddy

* * *

TRIFLES are often neglected because their
connection is not apparent, yet they often
turn the beam in matters of the greatest
importance

* * *

Trouble

A TROUBLE'S a ton or a trouble's an ounce
A trouble is what you make it,
It isn't the fact that you're hurt that counts,
But only, How did you take it?

* * *

DO not flee from trouble Overcome it and
there will be no occasion to complain that life
is hard

Trouble

DON'T hunt for trouble, but look for success,
You'll find what you look for ; don't look
for distress.

If you see but your shadow, remember, I pray,
That the sun is still shining, but you're in the way.
Don't grumble, don't bluster, don't dream and
don't shirk.

Don't think of your worries, but think of your work;
The worries will vanish, the work will be done,
No man sees his shadow who faces the sun.

* * *

I ALWAYS make the most of my enjoyments, and
though I do not cast my eyes away from troubles,
I pack them into as small a compass as I can
for myself, and never let them annoy others.

—Robert Southey.

* * *

IT is usually not so much the greatness of our,
trouble, as the littleness of our spirit, which
makes us complain.

—Jeremy Taylor.

* * *

MARK Twain once said, "Through a long life
I have encountered many serious troubles,
most of which have never happened."

* * *

NEVER attempt to bear more than one kind
of trouble at once. Some people bear three
kinds—all they have had, all they have now,
and all they expect to have. —Edward Everett Hale.

* * *

NOT a few of our troubles are the result of
acting before thinking ; we do our thinking
afterwards—and too late.

Trouble

THERE is a solution to every business and every domestic problem. That solution is always existing, it has only to be discovered. When it is found and applied, the problem no longer exists.

So troubles are never so real, never so serious, as they are believed to be.

Troubles which are tackled instead of being talked about disappear like mist before the morning sun.

* * *

TROUBLES are unduly magnified. Ahead they sometimes appear as high and insurmountable as the Himalayas. But when they have been overcome, as they invariably are, they appear behind us to have dwindled down to little molehills. Then we wonder why all the anxiety, the sleepless nights and the fear of the worst which never

* * *

WHEN anything brings trouble, remember this maxim: this accident is not a disaster, but bearing it well may turn it into an advantage.

—*Marcus Aurelius.*

* * *

WHEN we can't make light of our troubles, we can keep them dark.

* * *

YOU can't keep trouble from coming, but you needn't give it a chair to sit on.

—*Old Proverb.*

* * *

Truth

EVERY bit of truth that comes into a man's heart burns in him and forces its way out, either in his actions or his words. Truth is like a lighted lamp in that it cannot be hidden away in the darkness because it carries its own light.

—*Edward Wilson.*

Truth

HE who has the truth at his heart, need never fear the want of persuasion on his tongue
—*Ruskin*

* * *

HE that is habituated to deceptions and artificialities in trifles will try in vain to be true in matters of importance, for truth is a thing of habit rather than of will. You cannot in any given case by any sudden and single effort, will to be true, if the habit of your life has been insincerity
—*F W Robertson*

* * *

IF you tell the truth, you have infinite power supporting you, but if not, you have infinite power against you
—*Charles George Gordon*

* * *

IN all debates, let Truth be thy aim, not Victory, or an unjust interest, and endeavour to gain, rather than to expose thy antagonist
—*William Penn*

* * *

IT is by the eradication of the inward errors and impurities alone that a knowledge of Truth can be gained. There is no other way to wisdom and peace

* * *

ONE of the advantages of telling the truth is that you don't have to remember what you said

* * *

SAY what is true and what is pleasant. Do not say what is pleasant and not true, nor what is true and not pleasant

Truth

THE strong traveller on the highroad of truth knows no such thing as resignation to evil, he knows only obedience to good

* * *

TRUTH is what prays in man, and a man is continually at prayer when he lives according to truth —Swedenborg

* * *

TRUTH may be stretched, but cannot be broken, and always gets above falsehood, as oil does above water —Cervantes

* * *

TRUTH is the one Reality in the universe, the inward Harmony, the perfect Justice, the eternal Love. Nothing can be added to it, nor taken from it. It does not depend upon any man, but all men depend upon it. You cannot perceive the beauty of Truth while you are looking out from the eyes of self. If you are vain, you will colour everything with your own vanities. If lustful, your heart and mind will be clouded with the smoke and flames of passion, and everything will appear distorted through them. If proud and opinionative, you will see nothing in the whole universe except the magnitude and importance of your own opinions. The humble Truth lover has learned to distinguish between opinion and truth

* * *

TRUTH is only developed in the hour of need; time, and not man, discovers it. —Bonald

* * *

WHEN all else fails, Truth does not fail. When the heart is desolate and the world affords no shelter, Truth provides a peaceful refuge and a quiet rest. The cares of life are many, and its path is beset with difficulties, but Truth is greater than care, and is superior to all difficulties. Truth lightens our burdens, it lights up our pathway with the radiance of joy

Truth

YOU may easily know whether you are a child of Truth or a worshipper of self, if you will silently examine your mind, heart and conduct. Do you harbour thoughts of suspicion, enmity, envy, lust, pride, or do you strenuously fight against these? If the former, you are chained to self, no matter what religion you may profess; if the latter, you are a candidate for Truth, even though outwardly you may profess no religion. Are you passionate, self-willed, ever seeking to gain your own ends, self-indulgent, and self-centred, or are you gentle, mild, unselfish, quit of every form of self-indulgence, and are ever ready to give up your own? If the former, self is your master, if the latter, Truth is the object of your affection

* * *

Understanding

IN this world a great deal of bitterness amongst us arises from an imperfect understanding of one another. —*Charles Dickens*

* * *

STOP grieving over being misunderstood, and try your hand at understanding other people. It is a much saner and happier occupation —*Thos Carlyle.*

* * *

Unhappiness

MUCH of the unhappiness of life has its origin in the unjustifiable belief that life is easier for others than for oneself. —*Sir Herbert Barker.*

* * *

NO one has any more right to go about unhappy than he has to go about ill bred. He owes it to himself, to his friends, to society, and to the community in general, to live up to his best spiritual possibilities, not only now and then, once or twice a year, or once in a season, but every day and every hour. —*Lillian Whiting.*

Unhappiness

SO much of the unhappiness in life comes from the way we look at things. We can take a gloomy or a hopeful outlook and "according to your belief be it unto you," for happiness is an attitude of mind.

* * *

UNHAPPINESS is an irritant. It affects the heart-beats or circulation first, then the digestion, and the person is ripe for two hundred and nineteen diseases and six hundred and forty two complications
—*Elbert Hubbard*

* * *

UNHAPPINESS comes from the wrong viewpoint, from worry, dissipation of energy, fear of the future, regret for the past. Stop all this mental agitation and unhappiness ceases.

* * *

Unkindness

DON'T say unkind things of others, rather magnify their virtues.

* * *

SPEAK not unkindly of anyone. Think not unkindly of anyone. Act not unkindly towards anyone.

If these three simple rules were adopted they would bring happiness and peace to the world before all the public haranguing and appeals ever made.

* * *

Unrighteous

IT is a fact that one may "flourish like a green bay tree" and yet be unrighteous, but we should also remember that the bay tree at last perishes, *or is cut down, and such is the fate of the unrighteous*

Unrighteous

THE unrighteous man is swayed by his feelings , likes and dislikes are his masters , prejudices and partialities blind him , desiring and suffering, craving and sorrowing self-control he knows not, and great is his unrest The righteous man is master of his moods , likes and dislikes he has abandoned as childish things , prejudice and partiality he has put away Desiring nothing, he does not suffer , not craving enjoyment, sorrow does not overtake him perfect in self-control, great peace abides with him

* * *

Unselfishness

FITNESS for the work of life includes more than the power to earn a livelihood This power must be fortified by a sense of duty and a reverence of things that are worthy and beautiful Above all this power should be exercised in a spirit of unselfishness and with regard to the welfare of the community

* * *

IT is given to the world to learn one great and divine lesson—the lesson of absolute unselfishness The saints sages, and saviours of all time are they who have submitted themselves to this task and have learned and lived it All the scriptures of the world are framed to teach this one lesson, all the great teachers reiterate it It alone brings peace and real happiness

* * *

KNOW today that the power of unselfed thought and desire will solve all life's problems

Unselfishness

LIVE not for selfish aims Live to shed joy
on others. Thus best shall your own happiness
be secured, for no joy ever given freely
fails to give quick echo in the giver's own heart

†

—Beecher.

* * *

THE highest happiness man is capable of
experiencing is the incidental product of
unselfish living for God and man

—Rev. Benjamin L. DuVal.

* * *

Up-Lift

DO we wish to make the world a better, safer,
and saner place in which to live? Then let
each do his part and be the man of integrity—
the upright man "guided by a fixed Principle."

* * *

SELFISHNESS, bigotry and sham have never
met the wants of man. Today poor jaded
humanity, worn out by the ill-effects of evil
thought and practice, needs comfort. Higher spiri-
tual thought and understanding, involving unselfed
desires only, will lift mankind out of the slough of
despond. The spiritual good which we embody gives
peace, consolation and power.

* * *

Value

YOUR ability is not the measure of your value
It is the principles and the great causes to
which you adhere that make you valuable to
society.

—Dr. Ralph C. Hutchison

* * *

Vanity

OUR vanity is the constant enemy of our
dignity.

—Madame Swetchine.

Vanity

THERE is a story of a sailor who looked over the ship's side and saw a man struggling in the water 'Man overboard,' he shouted

The unfortunate passenger, coming up for the third time, called out indignantly, 'Hi! Not so much of your man overboard! I'm Alderman John Brown, J P '!"

Are you a bit like that? Are you touchy on trifling matters—as to whether people remember to put your B A after your name, or treat you with all the outward respect you think you merit? Does it matter? Hadn't you better be getting on with a bit of useful work instead of fussing about these ridiculous little vanities?

* * *

VANITY is the natural weakness of an ambitious man, which exposes him to the secret scorn and derision of those he converses with, and ruins the character he is so industrious to advance by it

—Addison

* * *

WHAT passion in all the world is so ridiculous as vanity, and where is there anything that makes us more sensitive to ridicule?—for the meanest have it in their power to wound a vain person

* * *

Vengeance

THE noblest Vengeance is to forgive

* * *

Vice

GOD has given us strength to do all we have to do, it is the thing we do not have to do—the envying, strife, emulating, vain glory and so on—that leave in their train fatigue and discord

Vice

NO one is born without vices, and he is the best man who is encumbered with the least

—*Horace.*

* * *

VICE deceives, under the appearance and shadow of virtue, when sad in its appearance, and austere in countenance and dress

—*Juvenal*

* * *

Victory

DO not hope you are to gain the victory in a day. It may take months, it may take years Inch by inch, and step by step the battle must be fought Over and over again you will be worsted and give ground, but do not therefore yield Resolve never to be driven back quite so far as you have advanced

—*Whyte-Melville.*

* * *

VICTORY of all kinds is preceded by a season of preparation It can no more appear spontaneously and erratically than can a flower or a mountain Like them, it is the culminating point in a process of growth, in a series of causes and effects No mere wishing, no magic word, will produce worldly success, it must be achieved by an orderly succession of well-directed efforts No spiritual victory will be achieved by him who imagines that it does not begin until the hour of temptation arrives All spiritual triumphs are gained in the silent hour of meditation, and through a series of successes in lesser trials The time of great temptation is the climax of a conquest that long preparation has made certain and complete

* * *

Virtue

CAN it be that Providence hath not connected the permanent felicity of a nation with its virtue?

—*Washington*

Virtue

DEGREES of happiness vary according to the degrees of virtue, and consequently that life which is most virtuous is most happy.
—*Norris.*

* * *

IN struggling with misfortunes lies the true proof of virtue.
—*Shakespeare.*

* * *

OUR virtues are habits as much as our vices. We should establish the habit of good, useful, and virtuous actions as soon as possible by setting up correct habits of thinking.

* * *

THE virtues all lock into each other...like the stones of an arch, no one of them can be wanting without making all the rest insecure.
—*M. C. Ware.*

* * *

Wages

A MAN'S best wages are not those he receives on pay day : they are the wages God gives, the interest which He pays on every sound investment of life and ability in His service—*increase of power, character, manhood, soul.*

* * *

War

IT is not piled up quantities of armaments that will preserve the world's peace, but rather the world's growing good fellowship, sympathy and toleration.

* * *

THE best thing we can do against war is to work for the building up of peace by fostering the right spirit of conciliation rather than by talking so much about the horrors of war.

War

THE characters and lives of men determine the peace, prosperity, and life of nations. Killing men is not consonant with the higher law whereby wrong and injustice are righted and exterminated.
—*Mary Baker Eddy.*

THE increase of armies and armaments will never prevent war. The moving influence to abolish war must be something foreign to military influence. It must be based on good will, unselfishness and a sincere desire to view the troubles of others as if they were our own.

WAR will cease when the belief in despotism, tyranny and domination, and slavery to such beliefs in men and nations are replaced with beliefs in unselfed sympathy and a desire to help mankind. The arrogant dictator must go with all his evil, selfish doctrines and nations must be governed on a higher platform of human rights involving liberty, freedom and "on earth peace, good will toward men."

Weakness

ONE leak in a ship will sink it, one broken wheel spoils the whole clock, one vein's bleeding will let out all the vitals, as well as more, one fly will spoil a whole box of ointment, one bitter herb all the pottage. So don't suffer a weak link in you.

TAXES are indeed very heavy—we are taxed twice as much by our idleness, three times as much by our pride, and four times as much by our folly.
—*B. Franklin*

Weakness

YOU cannot run away from a weakness ; you must some time fight it out or perish ; and if that be so, why not now, and where you stand ?

—R. L. Stevenson

* * *

Wealth

IF we command our wealth, we shall be rich and free, if our wealth commands us, we are poor indeed We are bought by the enemy with the treasure in our own coffers.

—Burke

* * *

IF a rich man is proud of his wealth, he should not be praised until it is known how he employs it

—Socrates.

* * *

REAL wealth is not to be reckoned in terms of money. It is good thoughts proceeding from a good mind A desire to do unto others as we would have them do to us This alone brings wealth in the shape of happiness and satisfaction to life and never fails

* * *

THE wealth of a man is the number of things he loves and blesses, which he is loved and blessed by.

—Carlyle

* * *

THE accumulation of material possessions does not mean real abundance, but the attainment and exercise of such qualities as humility meekness, charity, righteousness, and so on confer a joyous sense of richness which nothing can take away

* * *

Wickedness

LET wickedness escape as it may at the bar, it never fails of doing justice upon itself ; for every guilty person is his own hangman

—Seneca

Wickedness

WICKEDNESS resides in the very hesitation
about an act, even though it be not perpetrated.
—Cicero.

* * *

Will

WHERE there's a will there's a way
Where there's no will there's a hill.

* * *

Wisdom

BBETTER get wisdom than gold, better choose
knowledge than silver —Proverbs.

* * *

BY three methods we learn wisdom: first, by
reflection which is the noblest; second, by
imitation, which is the easiest; and third, by
experience, which is the bitterest

* * *

IT may serve as a comfort to us in all our
calamities and afflictions that he that loses
anything and gets wisdom by it is a gainer
by the loss —*I. Estrange*

* * *

LITTLE reading, much thinking, little speaking
and much hearing, that is the way to be wise

* * *

THE unfailing Wisdom is found only by constant
practice in pure thinking and well-doing, by
harmonising one's mind and heart to those
things which are beautiful, lovable, and true

* * *

THE wisest man may be wiser today than he
was yesterday, and tomorrow than he is today

—Colton

Wisdom

THE ignorant man takes counsel of the stars,
but of God, who made the stars, the wise
man takes counsel —*Jaafar*

* * *

THE highest wisdom is the science of holy
living If this wisdom be thine, then thou
art indeed most learned, even if thou
knowest naught besides —*St Thomas of Villanova*

* * *

THERE is this difference between happiness
and wisdom, he that thinks himself the
happiest man is really so, but he that thinks
himself the wisest is usually the greatest fool

—*Bacon.*

* * *

TRUE wisdom is to know what is best worth
knowing, and to do what is best worth doing
—*E P Humphrey*

* * *

WISDOM is more than information : Happy is
the man that findeth wisdom, and the man
that getteth understanding —*Proverbs 3 13*

* * *

WISDOM, whose lessons have been represented
as so hard to learn by those who never were
at her school, only teaches us to extend a
simple maxim universally known And this is, not
to buy at too dear a price —*Henry Fielding.*

* * *

WISDOM does not show itself so much in
precept as in life in a firmness of mind and a
mastery of appetite It teaches us to do as
well as to talk, and to make our words and actions
all of a colour —*Seneca*

* * *

WISDOM is oft times nearer when we stoop
than when we soar. —*Wordsworth*

Wish

GET rid of the wishing habit, and replace it with the habit of decision and action

—*W E Towne*

* * *

SEEK not that things should happen as you wish, but wish the things which happen to be as they are, and you will have a tranquil flow of life. If you wish anything which belongs to another, you lose that which is your own

—*Epictetus*

* * *

Wit

WIT loses its respect with the good, when seen in company with malice and to smile at the jest which plants a thorn in another's breast is to become a principal in the mischief

—*Sheridan*

* * *

Woman

A WOMAN who creates and sustains a home and under whose hands children grow up to be strong and pure men and women, is a creator second only to God —*Helen Hunt Jackson*

* * *

A WOMAN'S strength lies more often in her influence than in her authority

* * *

THERE is no sadder or uglier sight in this world than to see the women of a land grasping the ignoble honour, and rejecting the noble; leading the men whom they should guide into high thought and active sacrifice, into petty slander or gossip, in conversation, and into discussion of dangerous and unhealthy feeling, becoming what men in their frivolous moments wish them to be, instead of making men what men should be, turning away from their mission to bless, to exhort to console, that they may struggle through a thousand meannesses into a higher position

—*Stopford Brooke*

Words

A VERY great part of all the mischiefs that vex the world arises from words. People soon forget the meaning, but the impression and the passion remain
—Edmund Burke

BOYS flying kites haul in their white-winged birds. You can't do that way when you're flying words
—Anon

WEIGH your words carefully, but with especial care before you post them, or someone at the other end may have to pay doubly dear

Work

BEING forced to work and forced to do your best will breed in you temperance, self control, diligence, strength of will, content and a hundred virtues which the idle will never know
—Charles Kingsley

BLESSED is he who has found his work, let him ask no other blessedness
He has a work, a life purpose, he has found it, and will follow it!
—Thomas Carlyle

BY all means pray. But when you have prayed, go on with your work. God has no room for people who, after they have had an interview with Him, sit comfortably in the ante-room. You must go about your task, and in His own way and His own time He will answer your petition as He thinks best

COMMON work may be done in an uncommon spirit, for menial work becomes sublime if discharged in a sublime spirit.

—Dinsdale Young

Work

DO as well as you can today, and perhaps
to morrow you can do better *Anon*

* * *

DO your best and leave the rest !
What's the use of crying ?
Firm endeavour stands the test
More than haste or hurry
Rich rewards will come to him,
Who works on with smiling vim

* * *

GO to your work (thanking God for work to do
if you have it) in the Tuesday spirit, and Monday
morning will seem like Saturday afternoon !
After all, whether you are a managing director,
or a taxi-driver, a typist, a shop-assistant, or a mother
with six children, the way the work goes largely
depends on you ! If your heart isn't in it, you might
as well be in the desert. But, however you hate it,
at least you can try to make the best of it, and it's
wonderful what a difference a bit of 'grit' makes—
It's good for polishing pan lids, and it helps to make
dull lives brighter
It depends on you

* * *

IF you want work well done, select a busy man—
the other kind has no time

* * *

MEASURE not the work until the day's out
and the labour done —*Elizabeth Barrett*

* * *

MEN talk about menial callings, but what is a
menial calling ? I will tell you. It is a
calling that makes a man mean. And the
moment any calling makes a man a man, he has
dignified and glorified it —*Carlyle*

Work

THE law of nature is that a certain quantity of work is necessary to produce a certain quantity of good of any kind whatever ; if you want knowledge, you must toil for it. —*H. R. Haweis.*

* * *

THE bread earned by the sweat of the brow is thrice blessed, and it is far sweeter than the tasteless loaf of idleness.

* * *

THE beauty of the work depends upon the way we meet it.

* * *

THE greatest geniuses have, without exception, been the greatest workers, even to the extent of drudgery. It is the laborious and painstaking men who are the rulers of the world. There has not been a statesman of eminence but was a man of industry.

* * *

THE father of success is Work.
The mother of success is Ambition.
The son is Common Sense.
The baby is Opportunity.

Get acquainted with the " old man," and you will be able to get along pretty well with the rest of the family.

* * *

THE wear and tear of rust is faster than the wear and tear of work.

* * *

THE best workman prefers to be judged by his work rather than by what he has to say about it.

* * *

THERE are many jobs that are dull, as long as they are done slackly, but interesting if they are done well. —*Dean Inge.*

Work

THANK God every morning that you have something to do that day which must be done whether you like it or not Being forced to work and to do your best will breed in you a hundred virtues which the idle never know

—Charles Kingsley

* * *

THERE is always something to do if we are willing to do it Many think there is nothing to do because they are more eager to choose their work than to do it There is a share of life for every one ; there is work for every hand

* * *

TOMORROW is not here, and yesterday,
With all its sad mistakes is far away ,
I think I shall be busy with to-day !

—Abigail Cresson

* * *

TO go about our work with pleasure, to greet others with a word of encouragement, to be happy in the present and confident of the future, this is to have achieved some measure of success in living

* * *

WE often hear of people breaking down from overwork, but work never kills, what we suffer from is worry and anxiety "Our remedies oft in ourselves do lie"

* * *

WORK is no disgrace, but idleness is —Hesiod

* * *

WORK well done today is the greatest possible help to better work tomorrow —C. M. S

Work

WORK is healthy, you can hardly put more upon a man than he can bear. Worry is the rust upon the blade. It is not the revolution that destroys the machinery, but the friction.

—Beecher.

WORK is a stimulus to work ! and loafing is a stimulus to laziness !

—W. M. Hunt.

WORK brings its own relief ;
He who most idle is
Has most of grief.

—Eugene Fitch Ware.

YOUR part is to put thought and care into your work—into the expression of your life. Let it reflect an honest heart, a noble character, a soul of love, and a life of service. With these will come happiness—a just reward.

—C. C. Stockford.

YOUR second-class work is no better than anyone else's second-class work. You only give what is worth giving when you give the very best.

Workers

THE workers are the people worth knowing.

—Robert Norwood.

Work vs. Worry

HARD work with a peaceful, harmonious mind will never kill any one and when it is accompanied by serenity, hope and joy, it builds up the system and prolongs existence instead of shortening it; but worry kills, and not to stop it is slow but certain suicide as well as the destruction of much of the joy in the lives of one's best and closest friends. The victims all know the discomfort of it, yet in many cases their failure to stop the worrying comes from disinclination to make the necessary effort.

World

REMINd yourself that the world is what we make it, and that to the making of it each one of us can contribute something. This thought makes hope possible ; and in this hope though life will be still painful, it will be no longer purposeless.
—*Bertrand Russell.*

* * *

WITH righteousness in the heart, there will be beauty in the character. With beauty in the character, there will be harmony in the home. With harmony in the home, there will be order in the nation. With order in the nation, there will be peace in the world.
—*Confucius.*

* * *

Worry

ANXIETY never yet successfully bridged over any chasm.
—*Ruffini.*

* * *

DO not anticipate trouble, or worry about what may never happen. Keep in the sunlight.
—*Franklin.*

* * *

DO not worry over what is past. Forget it. Worry remedies nothing. Thousands spend half their time doing things and the other half worrying because they have done them.

* * *

HOW much have cost us the evils that never happened.
—*Thomas Jefferson.*

* * *

IF I were you I would not worry. Just make up your mind to do better when you get another chance, and be content with that.
—*Beatrice Harraden.*

Worry

IT has been well said that no man ever sank under burden of the day. It is when tomorrow's burden is added to the burden of today that the weight is more than a man can bear.

—George MacDonald

* * *

IT is not the cares of today, but the cares of tomorrow that weigh a man down. For the needs of today we are corresponding strength given. For the morrow we are told to trust. It is not yet ours.

—George MacDonald

* * *

IT never helps another to worry with him.

* * *

MAKE a point of leaving your worries somewhere each night. Sometimes they escape.

* * *

NOBODY has yet been able to claim any good thing through worry. Then why worry? It is only self-pity after all.

* * *

THE cares and troubles with which we so often torment ourselves have to do with possible future things. Don't worry about things which are likely to happen, so often they don't. 'Sufficient for the day is the evil thereof.'

* * *

THE easiest thing in the world—Worry, and the most futile.

—Robert Power

* * *

THE surest antidote for worry is to keep busy—doing something useful.

—George Matthew Adams

Worry

THE world is wide,
In time and tide,
And God is guide ;
Then do not hurry
That man is blest
Who does his best
And leaves the rest ,
Then do not worry.

—C. F. Deems

* * *

Wrong

DO right, though pain and anguish be thy lot,—
Thy heart will cheer thee when the pain's forgot,
Do wrong for pleasure's sake, then count thy
gains,
The pleasure soon departs, the sin remains

—Shuttleworth

* * *

EVERY piece of wrong-doing strikes a blow at
our own heart When taking a mean advantage
people too easily forget that they do
themselves more injury than others !

—Joseph Parker.

* * *

NOTHING that is wrong can be right because
other people do it

—Trollope

* * *

THE wrong we do to others react heavily
against ourselves Right must assert itself
sooner or later.

* * *

WE cannot do wrong to another without
receiving the counterstroke ; we always wound
ourselves when we wound another.

—Mercier.

Youth

THE spasmodic despair of youth is the salt of life. Out of it comes the faith that moves mountains. Before youth can live it must die. It must taste defeat before it can conquer.

—James Douglas.

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YOUTH is not a time of life. It is not a matter of pink cheeks and supple limbs. It is a state of mind. We are as young as our self-confidence ; as old as our fear.

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Zeal

EXPERIENCE shows that success is due less to ability than to zeal. The winner is he who gives himself to his work body and soul.

—Charles Buxton.

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OUR offerings please God according to our zeal and not according to their value. —*Salvianus*.
